# WHO'S ON YOUR TEAM?

NAME

DATE

One of the biggest mistakes people make in goal pursuit is that they share their good news and goals with people who may wittingly, or unwittingly, not want them to succeed. Shelly Gable's UCLA research has found that there is only one right way to respond to another person's good news that indicates their unqualified support and goodwill for you: Active-Constructive Responding (ACR). It is marked by curiosity and enthusiasm, and an eagerness to hear more about your experiences and dreams. Any other response can derail people. On this sheet, list the name of the person you shared your good news with and their response. Are you surprised by what you discover? Most people are.

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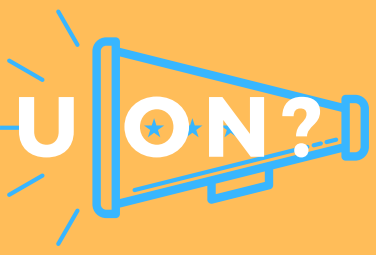
# WHOSE TEAM ARE YOU ON?



It is just as important that you spot your own behavior when you hear someone else's good news, and change it to ACR if you haven't already. It's normal for us to feel a twinge of envy or irritation if someone else does something that we have longed to do, but haven't yet attempted, Don't let it cause you to go silent or passive-aggressive, though. Practice automatically responding with curiosity and enthusiasm, even if it feels awkward or fake. This is a muscle that must be developed because it builds relationships, enhances humility, and gives us an opportunity to learn more from someone else. Below, list the good news that others have shared with you recently and how you responded. Are you surprised? Do you need to make any adjustments to your reactions to others' positive dreams and goals?

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