

# Create Positive Growth in Your Relationships

**Are You Inspiring Others & Growing Your Relationships? Ask Yourself:**

*In the past week, have I...*

Complimented someone on their progress or the quality of their work?  
Celebrated a team win? Expressed appreciation for a member of my team, coworker,  
mentor, or friend? Communicated someone's impact? Offered help or support?  
Shared something funny or fun?

If you answered “no” to any question, it's an opportunity to strengthen your relationships and become a more inspiring leader, coworker, friend, or partner. Consider using one of the examples of positive interactions below:

“I'd like to compliment you on your progress!”

“I know how difficult it was to close that deal. Excellent work!”

“I can see that you're incredibly busy with \_\_\_\_. What can I do to lighten your load this week?”

“I'm so grateful for your taking the time to communicate honestly with me about the need to improve my public speaking skills. You inspired me to sign up for a public speaking workshop.”

“Your idea to \_\_\_\_ has had a huge impact on \_\_\_\_. Thank you for your contribution.”

“Because you agreed to take over \_\_\_\_, I'm now able to \_\_\_\_ which enables our organization to grow.”

“You've only been here a month, yet our \_\_\_\_ is already better. I'm so glad you're on the team!”

“Wow. I could see how challenging that situation was. I'm impressed with how you handled it.”

“I'd like to take you out to lunch this week to celebrate a great job on \_\_\_\_!”

**Print this checklist! Keep it somewhere visible so that you can reference it daily.**

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