



LOOKING BACK:

Be a Witness to the Good



Record yourself in a conversation during which you share positive information. This could be a personal or professional conversation. After, watch the video to analyze how effectively you were a witness to the good.

Note the praise you gave your partner below and identify the attributes of your praise:

COMMENTS	ATTRIBUTIVE	NONATTRIBUTIVE	SPECIFIC	DIRECT	INDIRECT
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What should you do differently (if anything) to share positive information more effectively in the future?

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LOOKING AT:

Be a Witness to the Good



Describe a time when someone shared some positive feedback with you that really had a positive impact on you.

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What was it about that feedback that made it so effective?

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What can you learn from that experience about how you can be a witness to the good?

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LOOKING AHEAD:

Be a Witness to the Good



Use this form to prepare yourself for a conversation you are soon to have where you intend to be a witness to the good.

What general praise would you give to your partner?

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What evidence supports your positive observation?

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What can you do to make it more specific?

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