



We all love a good cheerleader, but even Job didn't want his "comforters" around, so let's make sure our cheering is helpful!

When you want to give a friend a good "Rah, rah, sis, boom, bah..."

#### DO:

**Be honest:** Don't say it's great if it isn't. Find what IS good, even if it's just that they're doing it!

**Be specific:** You may love every bit about what they're doing, but be specific. "It's great. It's hard to pin down to one thing, but I have to say, whatever you do, don't change..." Just be specific so they know what you mean by "it's great."

**Be encouraging:** If the person isn't getting anywhere, remind them of other difficult tasks they've overcome. Show your faith and confidence in them. Point them back to reasons you know they wanted to do it in the first place.

#### DON'T:

**Critique:** If you are there to be a cheerleader, then you're not the coach. Don't tell them where they need to improve unless they ASK!

**Make it about you:** Your job as cheerleader is to get the OTHER person rolling. Doing that often gets your own juices flowing, and the next thing you know you're itching to talk about your work. Resist. Let them ask. If they don't, find someone who is willing to chat, but don't kill someone else's "game" with stories about your own.

**Do all the talking:** We often think of a cheerleader as someone out there being VOCAL. But resist the temptation to ramble on. Instead, listen. It's a great way to ensure the other person shares what they most need encouragement for.