



Other People Mindset

Cheering others' successes



WHAT DOES THIS MEAN?

When other people succeed, I am happy for them and cheer them on.

Being happy for other people when they succeed isn't always everyone's initial reaction. Often, it's easy to become jealous or envious of others' victories — or even to experience *schadenfreude*, which is deriving pleasure from witnessing (or learning about) another person's misfortune. People who have these reactions to the success or misfortune of others are colloquially known as “haters.” It's important to note that these are natural emotions and, in small doses, can be helpful in allowing us to see what we care about — and motivate us to pursue those goals.

But making a commitment towards cheering on other people's successes can be a great way to improve our own health, happiness, and relationships. People can take active steps to be more genuinely happy for the achievements of others. Ways to do this include: telling others about the success of your modest friend; noticing when your reaction to a sibling's success is envy or jealousy — and asking yourself why that is; reminding yourself that appreciating the excellence in another is a character strength; asking your successful teammates and classmates what they do to prepare for games or tests.

WHY DOES IT MATTER?

On an individual level, being supportive of people who succeed is good for our mental, physical, and emotional well-being. Envy and jealousy often derive from a common place: a sense of inadequacy. So, by actively reminding yourself to cheer a friend or colleague's success (and doing it) can help you “fake it until you become it,” with *it* being self-confidence.

On a group level, when people cheer each other on, it begins a reciprocal process that forges stronger relationships. And, those relationships are the foundation for a strong culture in teams, schools, and businesses.

Individuals who live with this might be described as:

- Encouraging
- Positive
- Upbeat
- Emboldening
- Loyal
- Steadfast

Individuals with this are likely to think, feel, or behave in the following ways:

- I notice the skills and achievements of others – and what they did to attain them.
- I am genuinely happy when I see someone else succeed.
- I am grateful for the gifts, talents, and people that I have in my life.
- I am genuinely confident in who I am as a person, so why should I be upset about your success?
- I enjoy seeing people achieve the goals that they have worked to accomplish.

QUOTES ON THIS

“Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give.”

-ELEANOR ROOSEVELT

“We rise by lifting others.”

-ROBERT INGERSOLL

“Success makes so many people hate you. I wish it wasn't that way. It would be wonderful to enjoy success without seeing envy in the eyes of those around you.”

-MARILYN MONROE

“Someone who has learning to rejoice in the good fortune of others experiences only happiness...the fact that they are not his own is irrelevant.”

-GESHE KELSANG GYATSO