



# Other People Mindset

*Knowing that my words and actions affect others*



The Other People Mindset (OPM) is comprised of the five elements intended to help people understand ways to build positive relationships in their own lives.

## WHAT DOES THIS MEAN?

***Everything you say and do can affect others – and your relationships with them.***

This means that everything we do, say, text, tweet, snap, or post can positively or negatively impact other people. According to research from McKinsey & Co, “the typical American hears or reads more than one hundred thousand words every day.” Think about that for a moment: 100,000 words every single day. Now, stop and ask yourself, “Are the percentage of words someone else hears or reads from me helping or hurting that person?” As Rachel Wolchin says, “Be mindful with words. A string of some that don’t mean much to you may stick with someone for a lifetime.”

And, moving beyond our words and social media posts, our actions can have ripple effects long after we make them. Deeds highlighting our character – such as forgiving a sibling, being present and enthusiastic about a colleague’s presentation, or kindly holding the elevator door for a stranger – can impact the people we love, work with, or even just bump into on the street. Through your actions – and the character strengths you do/don’t exemplify in them – you have the power to make somebody happy, sad, inspired, or discouraged. And, always remember, our words and actions are our choice to make.

## WHY DOES IT MATTER?

On an individual level, our words and actions impact our relationships with other people. They have the power to lift others up or tear them down. But, our words and actions also impact ourselves. If I am consistently speaking or acting with an entitled, arrogant, or mean attitude, I’m going to find it tougher to tap into and exemplify the character strengths of gratitude, humility, and kindness.

When a group is comprised of individuals who are thoughtful about their words and actions; individuals who show respect and consideration for the people around them – we’re likely to have a happier and healthier culture.

***Individuals who live with this might be described as:***

- Thoughtful
- Considerate
- Respectful
- Perceptive
- Measured
- Aware

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

- I am considerate of the feelings of the people around me.
- I ask myself, “How would I feel if somebody else said this about me or someone in my family?”
- I remember that my social media posts can help or hurt others.
- I act in a way that makes me proud of myself when I’m by myself.
- Even when I’m angry, I use self-control with my words and actions.

## QUOTES ON THIS

*“The right word spoken at the right time can make all the difference in building people up. Choose well.”*

**-MICHAEL HYATT**

*“Words are containers of power. You choose what kind of power they carry.”*

**-JOYCE MEYER**

*“A broken bone can heal, but the wound a word opens can fester forever.”*

**-JESSAMYN WEST**

*“Kind words can be short and easy to speak, but their echoes are truly endless.”*

**-MOTHER TERESA**

*“But if thought corrupts language, language can also corrupt thought.”*

**-GEORGE ORWELL**