

Weekly Wisdom

Grow the Green for You and Your Team



“Bad news travels at the speed of light; good news travels like molasses.” -- Tracy Morgan

Share Good News!

How comfortable are you sharing your good news with others? Many of us are reticent because it may come across as bragging.

There is new research suggesting that when we share good news with others (even strangers) we increase our gratitude and happiness, and we build better relationships.

Picture this: You come into work and share that your son has been accepted to his top-pick college. Your co-workers cheer and high-five and ask questions. How does this make you feel?

When you share good news with someone, you relive the moment and get a quick hit of gratitude. If they are happy for you, it strengthens your relationship.

When someone shares their good news with you, how do you respond? How does it make you feel?

Hearing about other's positive events can give us a boost of hope and joy. It's important to ask follow-up questions and not to rain on anyone's joy parade. (“You got a new job? That's great but won't it be stressful?”)