

Being Nice Is Fun

Some folks I meet seem happy...and others not so much. In social settings, work settings, volunteer activities and while golfing I notice that a certain percentage of folks seem to have a slight “edge” to their personalities...withdrawn, shy, nervous, angry or oblivious to what is occurring at any particular moment in their one-to-one relationships. Some folks are egotistic... pushing ahead of others to make sure their needs are met first. It appears to be a particular state of mind that is their calling card. No “hello”, “nice to see you,” “go on ahead” or “thanks,” in their repertoire. Relationships are more difficult to form with these folks...unless you are able to “get to know them.” True introverts take time to form relationships and this is often “held against them” as being stand-off-ish or too guarded. (These folks can use extroverted skills in the service of a passion.) It is my opinion that folks who are nice to others are viewed as more friendly, warm and happy than those who are curt, grumpy, or are unable to cover some current anger. Sometimes, it just takes a commitment to “being warm in the moment” to overcome one’s tendency to seem unfriendly. Niceness is a quality that can be developed and it is not only more pleasant to the receiver but to the giver as well. Saying positive things to others makes makes the receiver feel the positive vibes but it is also lots of fun to deliver those positive vibes to others. Studies have shown that when supervisors issue positive strokes to their team members, work levels improve and the receivers sense that their efforts are of more value than with out the positive comments. They are more apt to feel “they belong.” Not compliments (“Your amazing for getting all those pallets moved.” but rather encouragement (You put in a lot of hard work to get those pallets moved... thanks.”)

In the future, make a conscious effort to encourage others...the sales person who did a good job, the policeman who stopped

traffic so you could go across the street, the person who dipped your ice cream cone. Make one encouraging statement to someone you don't know and soon you find yourself seeing the best in others and looking at your own life more positively. Being nice is fun! And, it is good for everyone involved.

Thanks for reading this short opinion piece. People who are always trying to get better in their lives are admired by everyone.

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