



# MONDAYS

*with Mike*

## Happiness and teamwork . . . A lesson from the balloons

Rich Desrosiers, Chief Communications Officer for the Pro Football Hall of Fame, shared the following story from a university professor's challenge to his students. I know you will enjoy the story and be moved by its message.

A university professor posed a challenge to his students. Each of them had a balloon with their name. The balloons would fall from the ceiling and they would have 5 minutes to find theirs. If everyone found the one with their name, they won. If not, they lost.

Although they tried with all their energy to find them, no one succeeded. The teacher put the balloons back and told them, "When you catch a balloon, give it to its owner." The test took less than 3 minutes to complete.

The teacher finished by saying, "Happiness is like these balloons. If each of us looks only for our own, we will never find it. But if we look for others, we will also find ours." Exactly the same happens with teamwork in companies, locker rooms, families, and friendship circles. If we help others achieve their goals, others will do the same for us.

In this season of gift giving, let's give the gift of helping others achieve their goals. We may just receive a gift in return.

Have a great start to your week!