

# THE EXTRA POINT

BY JERRY ROBERTS



## # 2 Control What You Can Control

When you feel that so much about life is beyond your control, what can you do? I'm Jerry Roberts and the answer to that is next, on The Extra Point.

When I visited Ray yesterday in studio he asked what we can say to people who are worried about the condition of the government, especially after the news blared out headlines like, "Where are we going to find 100 million dollars?"

What we discussed yesterday bears repeating.

Folks are thinking..."Life is moving so fast. What's up with the politicians, making some of these decisions? There's negativity all over the place, especially social media, and I can't control any of it. I'm worried. I'm frustrated. What can I do?

The answer: when so much is out of your control, control what you can. Make a list.

Have greater focus at work. If you're in sales, prospect more for new clients. If you're a service rep, listen better and show customers you genuinely care. Talk to your boss about adding to your skillset. Encourage people you work with.

Spend more time with the family. Spend time with God. Read a book. Watch what you eat, and exercise more.

Help others...because they need it, and because you'll feel great when you do.

You control all of that, and if you spend all of your time improving on the areas you do control...you'll get better, you'll do better, and you'll feel better.

And if you come across somebody else who feels everything is out of control, tell 'em what you heard on the Ray Gibson Show.

One more thing. Be grateful for what you do have.

That's The Extra Point. Get out there and make something good happen today. For 93.3, I'm Jerry Roberts.

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