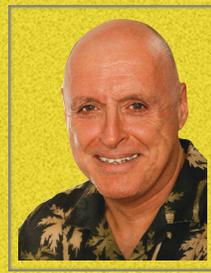


# THE EXTRA POINT

BY JERRY ROBERTS



## # 79 Just Go With the Flow

Are you saddled up for success? Do you meet each day with goals in hand and blaze trails? But do you ever find it difficult to recharge your batteries? I'm Jerry Roberts and today we're going to talk about a unique way to back down off the high-speed achievement train and just go with the flow. That's next up, on The Extra Point.

If you've listened to The Extra Point for a while, or read things I've written, or ever attended a workshop I've presented, you know that one of my main themes is finding ways to be more productive. I want to help you and your team to get further and do better.

I'll go so far as to admit that I obsess over that. I read thousands of words daily, talk to people, swap posts, dig into forums, listen to podcasts and more. I'm after a new idea or a new take on an old one, or information that will challenge my position on an issue. Does somebody see things differently than I do and, if so, why?

I put a lot of hours in because I really love what I do, and backing off the gas pedal has sometimes been tough for me. Then, I came across the story of a guy who discovered the magic of shutting down his engines, and just going with the flow.

His name was Nick and he charged forward, totally non-stop while in the middle of a project. Then, when he delivered it he found a way to disengage for a while.

As a corporate manager he'd blend vacation days and sick days to get a week off. Later he became a consultant and might take a couple of weeks before moving on to the next client.

Nick had a great plan. An assistant answered his work phone and handled his emails. She only contacted him if it was absolutely necessary.

Once in a while he'd jump on a plane for a quick trip but often would just book a room 50 miles away. Nobody knew him and that was good, but this wasn't the key. The key is that Nick changed everything about how he lived.

He got up at a different time. He ate different food. He didn't shave. He bought new shirts, pants, and shoes. He wore his watch on his right wrist, rather than his left.

Instead of lifting weights for exercise, he ran at a park. He scanned the local newspaper for events he'd never attended, as well as lectures and workshops on topics he knew nothing about. The only firm rule was that it could have nothing to do with his work.

He didn't just kick back and vegetate after a tough project, he turned himself into a clean slate and discovered new things all day long, which was exciting. And he slept like a baby, eight solid hours a night. He normally existed on six, maybe. But did all this make a difference?

It did. When he returned to his office Nick said he was totally refreshed and ready to roar.

I think we can all adapt to some of this. Now I don't do all the things Nick spoke of, but I do dig into topics that I previously had no knowledge of — and I get a little of that clean slate feeling. Could you do this? Grab transcript #79 over at [guamtraining.com](http://guamtraining.com) and give it a try. Let me know how it works for you.

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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For information on training and consulting services from Jerry Roberts, please click this link: [guamtraining.com](http://guamtraining.com)

