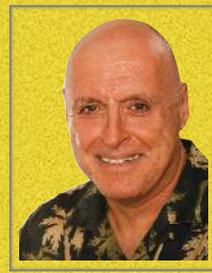


# THE EXTRA POINT

BY JERRY ROBERTS



## # 115 Coming Back From a Bad Day

It's happened to me and likely has also happened to you. I'm talking about having a bad day. I'm Jerry Roberts and let's see how we can come back from one of those, right now, on The Extra Point.

You've had an absolutely horrible day. You spilled your coffee in your lap and you're wearing beige. The boss is on your case. Somebody nicked your car in a parking lot. Your kid has a pimple and just called to say he wants to quit school.

You're ready to cash in the rest of the day, go home, throw a pity party, knock down a half-gallon of ice cream, climb into bed and assume the fetal position...I'm right there with you. No!!!

Before you head for that party, what can you do to make a comeback, to put this day behind you in a positive way, and put yourself in a frame of mind for tomorrow? I have five things that will do just that.

1. Yes, today was a bummer, but does it have lasting implications? I mean, other than your child's education hinging upon his complexion imperfection, can you put today into the history file and leave it there? If so, you're off to a good start.

2. What could you have done differently? Use the pain of today as a learning moment. Figure what you'd do if ever again confronted by the same circumstances. If you need to patch something up with someone, try to do it before the end of the day.

Get past blaming yourself, regardless of what role you played in the trouble. You faced it. You learned from it. Move on.

3. Look for what went right today. While it's natural for your problems to overshadow the

positive things, go to the good stuff anyway. Then, add the things you're grateful for. Yes, count your blessings. What we're after here is regaining perspective.

4. If you can, grab a break with someone at work who is always supportive of you. Let them know what happened and listen to their counsel. You'll feel better.

5. Help somebody else. When you're feeling down one of the best ways to lift yourself up is to do a good turn for the next person. What can you do? Is there someone at work who needs the kind of help you can provide?

Maybe there's a family member, or neighbor, or friend who needs assistance. Can't think of anyone? Ask a good friend if they know someone you could help.

Becoming a resource to someone else, even if they're a total stranger, can help to restore our confidence and bring us back to normal.

Do these things, even if not all of them, and the thought of tomorrow will be okay. Maybe you'll decide to cancel the pity party, the ice cream, the fetal position — and then tell your kid that pimples and school go together.

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

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