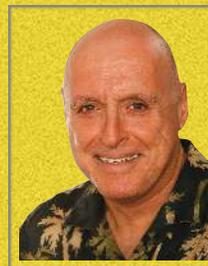


THE EXTRA POINT

BY JERRY ROBERTS



215 Here Are Your Early Christmas Presents

Christmas presents today for you, 11 days early. I'm Jerry Roberts and I'll even unwrap them for you, right now, on The Extra Point.

I sat down and imagined what kind of gifts I'd like to give you this year. A brand new car? No, you'd think I was trying to buy your loyalty to my little program here. I respect you too much to lay that kind of pressure on you. How about flying you off-island for a glorious, all expenses paid vacation? Naw, you probably wouldn't be able to take time off work. Treat you to a sumptuous, 12-course meal at the finest restaurant — food fit for royalty!? Nope, after the holidays you'll be on a diet and I don't want you to feel guilty.

None of those things are good enough for you. I have better, life altering, life improving, life invigorating, life blessing things for you.

Gift number 1...at least seven hours of sleep each night from now on. More and more high level studies show that people who get less than seven hours and who wake up several times each night are putting themselves at an increased risk for dementia and Alzheimer's Disease. There's nothing on TV, or Netflix, or your phone that's worth any of that. We don't know what causes these problems but we know what increases our risk. Get seven hours.

Let's unwrap gift number 2...with those seven hours you'll wake up feeling refreshed and ready to face the day with new energy and focus. Get some quiet time to yourself before anybody else gets up. Then, add cold water to your shower, as cold as you can stand it. Eat a healthy breakfast. To build a new morning routine. See Extra Point # 94 on guamtraining.com, for ideas.

Gift number 3...a new relationship with your boss, or with your team if you are the boss. It starts with communication. Sit down over a

lunch and talk to each other about team goals, individual goals, and how you improve the chances to achieve all of that. There are no wrong answers, just choices. Make honesty and openness a priority for 2019 and beyond.

Here's gift number 4...forgiveness. Every year I train in organizations where harsh words were once spoken and, yes, hurtful things were done — and good relationships were torn apart. Some of this is decades old. I also see friends who no longer speak, even relatives. Life's too short for this. Keeping that bottled up inside is bad for you. Get rid of it. Here's a simple phrase you can use that doesn't admit guilt, and it works regardless of who was at fault: "I'm sorry things aren't the way they used to be. Wanna grab a cup of coffee?" Try it.

And gift number 5...establish a weekly time to acknowledge your gratitude for what you have. If you're a person of faith, thank God for the blessings you've received. If you're not sure what those are, pick up a pen and start writing about everything you're thankful for: people, your job, a pet, places you've been and things you have. You'll figure it out. If you're not religious, just focus on the good things in your life, and know that many are not so fortunate.

Better sleep for health, a new morning routine, good working relationships, giving forgiveness, and continuous gratitude. Five gifts I hope you're happy to receive. Merry Christmas.

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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