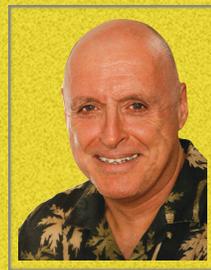


# THE EXTRA POINT

BY JERRY ROBERTS



## # 41 One Trait Everybody Needs More Of

What would you like more of? I mean, if it could just happen for you, what would you like more of? I'm Jerry Roberts and today let's chew that over a bit on The Extra Point.

Well, let me see...what do I want more of?

We talked about time yesterday. I suppose that would be the ultimate. Some people probably think I'd like more hair, but I don't. If I can't have it all back then I'm just fine with none at all.

While you're making your list let me toss one option into the ring. Optimism.

In his book *Learned Optimism*, Martin Seligman presented that the most important quality we can develop for personal and professional success, and happiness, is optimism.

Seligman wrote that optimistic people are more effective in almost all areas of life. The reason is that they approach life with gratitude and hope, rather than fear and regret.

Optimists have four special behaviors according to Seligman, all learned through practice and repetition.

1. Optimists look for the good in every situation. They don't go negative, they find the blessing, something to be grateful for.

2. They seek the valuable lesson in every setback. They're okay with hardships and failure, because to them it's just part of the learning process.

3. Optimists look for the solution to every problem...instead of finding the problem in every solution like some others do. No blame, no shame, they just get to work on fixing things.

4. I love their focus. Optimists spend a lot of time thinking and talking about their goals.

They see a better day dawning tomorrow. They're future-oriented rather than looking at the past and regretting their mistakes and lost opportunities.

There is so much negativity swirling around us daily. We may joke about optimists and them seeing the world through rose-colored glasses, but secretly many of us envy their attitude and their happiness.

Get the transcript for today, number 41 at [guamtraining.com](http://guamtraining.com), and share it with your team, your friends, and your family — especially your kids. If there has ever been a time when kids needed optimism, it's now.

Now, I have a question for you. if optimism was a crime, would there be enough evidence to convict 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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