

THE EXTRA POINT

BY JERRY ROBERTS



194 Is it Time For You to Harness ‘The Power of Just’?

There have been times in my life when I got to the end of myself and didn't know what to do. I felt hopeless, gave up, and regretted it. You've probably been there and maybe you're there now. I'm Jerry Roberts and today I want to give you something special, on The Extra Point.

We all get challenged and often feel that we've reached our limitations. We feel we have nothing left. If you're a person who is geared to progress, then you know about challenges. You know what it's like when you feel you can't go on. You have nothing more to give. You've hit the wall. You're done.

This could be about some form of exercise like running and building endurance so you can do a 5K, or 10K, and eventually a marathon. Or you take hikes with the goal of climbing hills, so one day you can climb mountains.

Maybe you're working out in the gym and you want to build strength so you can build muscle.

Maybe you're tired of your job or your boss and you think you can't do another day, but you're living paycheck to paycheck and you can't afford to quit.

Is your kid struggling in school and even though you're dog tired and know it's going to cost you sleep, and you already don't get enough, you help him/her with school work because you know if you don't, they're going to give up.

Many years ago I learned a simple method to summon up the strength to continue, to do just a little more. I call it "The Power of Just." When I'm stuck and I feel like I've given all I've got to give, this is what allows me to make a small little nibble of progress, to go a little further, to get a little stronger, to endure a little more of what my head tells me I can't endure. I go into "just" mode.

When I ran on a regular basis and my legs were sending messages they couldn't go on, I'd say to myself, "Just one more block" or "Just over to there." Maybe I'd do only that much, or maybe I'd do more. In the gym when I'd hit muscle failure, I might remember to say, "Just one more rep," take a breath and give it everything I had. Often I'd do two or three more. That's where the progress is, building the extra strength.

The Power of Just allowed me to stay in a job until I found something better. That no matter what my jerk of a boss threw at me that day, I could handle it, for just one more day. It ended up being about five months.

If you recall the movie Hacksaw Ridge, about the Battle of Okinawa in World War 2, private Desmond Doss saved 75 of his fellow soldiers, continually asking God for help..."Just one more Lord, let me save just one more."

Maybe you're feeling stuck, maybe you can't see the finish line in front of you, maybe you're looking at a hill that seems to reach to the clouds and beyond, and you're losing focus, and the ability to stay on course. Instead of giving up, hear yourself say the word "Just" and go a little further. And then a little further. Your reward is waiting. It's just a little further. You'll be amazed at what you can accomplish when you add this super power to your utility belt of life skills — The Power of Just.

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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