

THE EXTRA POINT

BY JERRY ROBERTS



207 New Normal – Looking for Change

Yesterday we talked about “normal,” and how that can also become limiting. But how do we get past those limitations to establish a new, better, more exciting normal? We can talk about it all day long, but what do we do about it? That’s coming, right now, on The Extra Point.

“Normal” can be limiting. We like normal and because we do, we don’t think there’s any reason to exceed it. Normal is average and average is safe, isn’t it?

Think back to your school days. If you had a C or C+ grade point average, some teachers, along with parents, might nudge you to try to get it past 3.0 to a B. But you likely didn’t catch the flak that the kid with a D average got, right? If he or she fell any further there would be the possibility of failing the class. If it was bad enough, they might have to repeat the grade. That would get your attention.

Earning a C was okay, though. It was average, normal, and like I said — safe.

And we learned that average and safe also gives us a place to hide. Since “average” doesn’t bring the pain that “below average” does, there was a comfort in this thing called normal. Normal allows us to disappear into the crowd. And as long as we don’t do any worse or any better, we blend in with the masses and it’s tough to distinguish one from the other. We’re sort of living out our own version of Where’s Waldo.

When we get to the workplace some of us are allowed to stay in the normal range. We aren’t pushed because our boss is, yeah, normal. And some of us stay there for our entire career.

Look, if that’s what you want, okay. If you’re good with it, happy with it, and you can live with the results, and so can your employer, and so can your family — then fine...I’m not

going to judge you. But if you want more, then you need to reset your “normal.”

Albert Einstein said it best: “The measure of intelligence is the ability to change,” and you are going to have to change. Start by deciding what it is you want and what you need to do to get there. If you don’t know ask your boss. If he/she doesn’t know then jump up a level and ask their boss. Maybe you’ll end up with something like this...

1. If you want to move the bar on normal it has to start with your daily activities. What are you doing that yields a certain result and what will it take to bump it up a notch? Make that a part of your new normal.
2. See if you can find someone who wants to join you in your new adventure. Each of you can nudge the other so you both stay on track and grow. Accountability partners are great.
3. Keep track of your results. Figure out what it is that pushes you forward the most, and do more of that. Drop habits that hold you back or slow you up. This isn’t rocket science. Know what you need to do, get support, get busy, and keep track of things.

As you make progress you are resetting your “normal.” Keep doing that. Every 90 days make a concerted effort to raise the bar. One day soon, what you call normal today, you won’t even recognize it.

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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