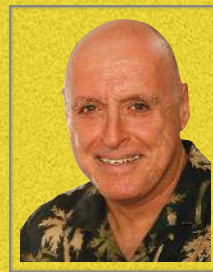


THE EXTRA POINT

BY JERRY ROBERTS



266 Stuff to Say “NO” to – Revisited

Everybody wants to say YES to happiness, but too many of us forget to say NO to the things that often prevent it. I’m Jerry Roberts and coming up, stuff we need to turn our backs on, next, on The Extra Point.

Buckle up, the “no” machine is in gear, with suggestions that could make a difference.

Say no to mediocrity. You’re Better than that. Stop settling.

Say no to comparing yourself to others. You don’t really know what someone else’s life is really about. Stop it.

Say no to procrastination. It destroys your momentum. Take a breath and use the Power of One. Do one more thing...then another.

Say no to negative people. They can’t have any power over you unless you give it to them.

Say no to perfection. Nothing will slow you down more than trying to perfect something. Instead, use that time to jumpstart a new chapter in your progress.

Say no to excuses. Half the people aren’t listening, half don’t believe you, and the last half don’t care. Fix what you need to fix and move on.

Say no to TV. Play with your kids, read a book, learn a new skill. Imagine what you can do with hundreds and hundreds of extra hours every year.

Say no to doing life stuff at work and doing work stuff at home. I know this is incredibly hard for some folks, Do your best to give each the full attention it deserves. Your employer deserves 100%. Your family deserves 100%.

Say no to doing the wrong things. Management guru Peter Drucker once said, “There is

nothing so useless as doing efficiently that which should not be done at all.”

Say no to abusing your body. Unless, of course, you’ve found a new place to live once you’ve ruined the one you’re in now.

Say no to distractions. “You can’t do big things if you’re distracted by little things.”

Say no to your cellphone when you’re trying to be productive. The majority of people who truly get things done a lot better than most of us, set their phones to airplane mode during their productive times. They intentionally stay on course and finish the tasks they set out to do.

Say no to people who put you in “maybeville.” Maybe you’ll hire me. Maybe you’ll be a part of my project. Do you think “maybe” may be another way of saying, “I’m keeping my options open in case something or someone better comes along? I’m here now. My opportunity is here now. Come on, make a commitment.

Say no to people who only take and never give. I don’t know who said it, but it’s one of my new favorite sayings: “Know the difference between those who stay to feed the soil and those who come to grab the fruit.” Oh, that is so good.

No is a beautiful word. It can be a fun word. You don’t have to get crazy with it, but when you use it thoughtfully, it can change your life.

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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