

THE EXTRA POINT

BY JERRY ROBERTS



279 So, Are You Happy?

In the last year or two there has been an increasing emphasis on being happy. Books, videos, courses have popped up, all asking the same question: "Are you happy?" I'm Jerry Roberts and today we'll talk about happy stuff. That's next, on The Extra Point.

Happiness. We'll all want it and if we're to believe the media these days, almost none of us have it. The world tells us we're not happy, or we're a whole lot less happy than we could be. So, what would make you happier?

I hadn't seen a friend in many months and we ran into each other one day, with me asking, "How's it going?" Wrong question to ask. "Jerry," he said, "I hate my boss, and I hate getting up in the morning, going to a job and doing things I, yeah, hate. I think I'm gonna quit," and he did, landing what he said was his dream job.

About six months later we had lunch and I asked him, "How's it going?" Wrong question to ask. He said, "I hate my boss, and I hate the new job. What a horrible mistake I made in leaving my former employer."

I've seen the same thing play out in personal relationships, where someone trades out their current boyfriend, girlfriend, husband or wife, for another one. Over time they're surprised to find out that the same problems they had with the last one, they have with the new one...and they're not happy.

The number of those books, videos, courses, websites and social media pages that promise to tell us how to be happy are seemingly countless, no doubt in the tens and ten and tens of thousands. And yet, so few people say they're happy.

Some people think happiness is a location. A site named Wallethub looked at 182 cities in the mainland U.S., analyzing emotional and

physical well-being, income and employment, along with how well people liked the community and environment they lived in. Number one is Plano, Texas, just north of Dallas. Number seven in Grand Prairie, just a bit west of Dallas. Dallas itself didn't do so well, coming in at #68. So, if we all moved to Plano, would we then be happier?

On the flipside of the equation, the Gallup Organization surveyed for the 10 unhappiest states. Rhode Island is the 10th least happy state, Nevada is 8th, where a lot of our friends and family members live, and the state where folks just ain't happy at all? West Virginia. Last on the list. The funny thing is, I've met people from West Virginia and I've connected with a few online, and they seemed pretty happy. I pity them, they must be delusional and just don't know what Gallup knows.

I know what you're thinking. How about Guam? Why aren't we included? Is this just another example of an exercise that Guam is not allowed to participate in? What are they afraid of? Maybe we're the happiest place in the USA. And if we are, which part of Guam is happier than all the rest?

Now tomorrow, we'll look at some things we can all do to increase our happiness. But for now, I leave you with the question, "Of all of Guam's 19 villages, which one — there can be only one — is undoubtedly our island's supreme capitol of happiness. Tell Mr. Gibson.

That's The Extra Point. Get out there and make something **happy** happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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