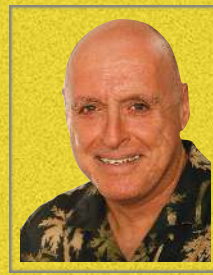


# THE EXTRA POINT

BY JERRY ROBERTS



## # 284 A Few Skills Every Worker Can Use

Today, three things that can help you to get further and do better on the job? I'm Jerry Roberts with some good adds to the skillset of anybody, today, on The Extra Point.

Once in a while I pick up on conversations where workers discuss problems and how to deal with them. I try to see old issues in new ways and imagine solutions. Three things today.

One of those issues is stress and the fact that how we view stress is a very individual matter. What stresses one person to the point of a total disruption in their day and routine, may not move the bar much at all for someone else. So, it's a variable. Who I am, who you are, our backgrounds, personalities, ability to reason, and other factors will determine how stress and which stressors affect us — and to what degree.

Some people are able to reframe stress factors, painting a picture for themselves that is not as gloomy as the one the next person ends up looking at. Admittedly, it's a mind game the play with themselves, but it works.

The stress doesn't impact them as much. They don't suffer from nervousness, sweaty palms, even the nausea that some others report. Perhaps they see a problem to solve, instead of a crisis, as some others might. If this area is of interest, think of reframing stress as a solvable issue, break it down step by step and take it in small bites if you need to.

The second thing today is speed. Everybody works at a unique speed. Some are perpetually in overdrive, and some are stuck in low gear. How much we like our work can influence our speed, as can how much we like the people we work with, especially our boss. That said, the speed at which we work is mostly governed by our individual work ethic.

Here's what I want you to try. Gamify your job

a little if you can. If you have a pile of work to do that usually requires an hour, see if you can knock it out in 45 or 50 minutes, and then move to the next thing. See how you do. You might find that you can easily add productive time back into your routine just by going slightly faster. Imagine what you can accomplish if you can do 10% more each day, or 20%.

The last item on the agenda today is to take an inventory of the people in your life you can truly count on. Who is really in your corner? Are you sure? Take a piece of paper and start writing names. This is sometimes called a circle of trust. We all need a support system and peace of mind that when we need help, we'll have someone step up.

As you write each name ask yourself one key question: "Is this someone who will be there for me, regardless of the reason I need him/her, without any doubt, no questions asked? Give this serious thought. Maybe you'll have some names on your paper that end up with question marks next to them, because after thinking carefully, you realize you're not sure. That's okay. There's a second question. If the situation was reversed, would you be there for them, also no questions asked.

Reframe stress, take your work up a notch in speed, and build your personal circle of trust. Do all three and I think you'll take a big step forward. Let us know how it goes.

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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