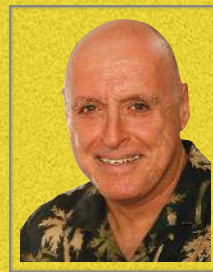


# THE EXTRA POINT

BY JERRY ROBERTS



## # 315 Another Way of Looking at Positive Mindset

How many times have you heard someone say that the key to success is a positive mindset? Some folks go on auto-pilot and their eyes glaze over at the mere mention of mindset. I'm Jerry Roberts and today we offer up a different way of looking at this, next, on The Extra Point.

Some people have told me that they hate anything to do with positive mindset. They think it's just a bunch of happy talk and mumbo jumbo; people working themselves up into a false positive frame of mind, believing that everything will now be wonderful in their life, and they'll leap tall buildings in a single bound, and be successful beyond their wildest dreams.

I've met people like that. I've seen their emotions go up like a rocket, then crash to Earth the first time something went wrong — and they couldn't figure out why. "My life was going to be perfect...woe is me." I think that's a flawed approach and sets you up for failure.

For me, positive mindset doesn't mean my life will be perfect, but it means I can face what comes my way with a can-do attitude. It means I know what I'm capable of and I know what I want. It means I want to surround myself with others who also see things that way, people who have goals and dreams and want to get further and do better — and they can cheer somebody else's achievement and notoriety, even if it exceeds their own. That if they see someone do greater things it doesn't make them jealous or envious, it makes them want to work harder.

Now here's the part of the mindset discussion that gets me a little crazy. We know that if we want to get into excellent physical condition we have to eat right, get regular exercise, and sleep well. Further, we know that we have to do those things continuously in order to maintain optimum health. Nobody believes that, once in good shape, we can stop working out, eat

junk food three times a day, cut back on sleep and expect to stay in top-top condition.

Then why do we expect that by spending four hours in a training course, or sitting down for an hour and talking to a coach, that that's all we'll have to do to generate and maintain that positive mindset — and the rest will take care of itself sort of automatically...and everything will be wonderful? It doesn't work that way.

We need to reset our mindset every day when we get up. We've talked about putting together an effective morning routine to get us going in the right direction. Some of it's mental and some of it's physical, and it sets us on a positive course for the day, giving us the best chance to accomplish what we want to do in chasing after our goals.

To me, that's positive mindset. Know who you are and know what you want. Make decisions about how to go after what's important to you, and what will make you happy. Be intentional. Believe in can-do and believe the best about others. Hold yourself accountable and get in among people who feel the same way. Push each other, cheer for each other, be there for each other when life takes a swing at you and you find yourself on your back. And it will.

Count your wins, keep visualizing you hitting those goals, and you'll start to change the narrative in your life. Albert Einstein said this: "Imagination is life's coming attractions." I can get pretty positive about that. How about you?

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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