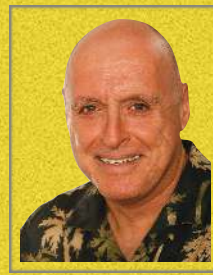


THE EXTRA POINT

BY JERRY ROBERTS



321 Want to Be “The Best”? Here’s How

Do you know someone who is the best at what they do? Have you ever thought of being the best at what you do? I’m Jerry Roberts and if you want to be the best there is, the next couple of minutes will give you everything you’ll need to do just that. It’s next, on The Extra Point.

First thing’s first, this edition of The Extra Point is not going to be a fit for everyone. Simply, not everybody cares about being the best. For many, being thought of as good is good enough.

Still others just want to get through their eight hours, not work up too much of a sweat over their job, and hit the door. I’m not judging. That’s between you and your boss. More than that, it’s between you and your conscience.

If you want to be the best, we start with what that means. How do you define “best” in your case? Whatever it is that you do, there are people who turn in an average performance, there are some who are better, and then there are those who are the elite performers.

Be honest with yourself. Where do you stand, given your skills and the level of your effort? If you can’t figure out what the elite level is in your line of work, ask your boss or maybe some highly experienced people in your field. If you’re a manager, you’ll look at levels of team performance, and your skills as a manager to generate them.

Next, resign yourself that while achieving “best” status is good, maintaining it is better. If Michael Jordan had been the top basketball player for just a year or two, we’d think of him differently than the guy who was the very best over many years. This is known as the “long-term game,” and it separates an elite performance from elite performers.

If you’re going to be the best, know that the best never stop learning. The very best take counsel from those whom they consider to be

the very best. They seek out mentors on a never-ending basis. They take in the wisdom of others, and they implement all that they can. Then they go back for more. Mentors are everywhere — private sector, government, the military. Are you now in a mentoring relationship with someone who can make you better?

The best get every bit of training they can. In specific areas where they want to improve they work with coaches to help them squeeze out every ounce of talent they have. They hunger to turn potential into tangible results.

To be the best you need to take good care of yourself — physically, mentally, spiritually, and to be intentional about all of it. That way you’re not just the lead actor in your day, but you’re also the director. Being intentional also means you take care of the important tasks first, and limit things which distract you and pull you away from what you say you want.

There’s one more factor to this and some people would say it’s the most important of all. To be the very best, you make others around you better. If they need help, you give it. If they’re looking for a mentor, you answer the call.

In summary, define what “best” means to you and where you stand now. Look to play the long game. Learn everything you can and find mentors to give you more. Be intentional about doing the important things and about taking good of yourself. Then, help others to be better than they are. Want to be the best? This is a good start.

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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For information on training and consulting services from Jerry Roberts, please click this link: guamtraining.com

