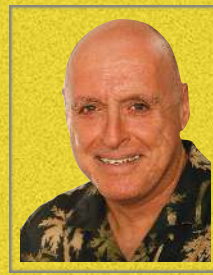


# THE EXTRA POINT

BY JERRY ROBERTS



## # 353 5 Ideas on Getting “Unstuck”

You know you should make some changes in your life in order to propel yourself forward, but you feel stuck and you’re not sure what to do? I’m Jerry Roberts and today, I’ve got few ideas that could make a difference for you. That’s next on The Extra Point.

There have been a couple of times in my life and career that I wasn’t at all sure of my next move. Circumstances were such that I just didn’t know what I was going to do. I needed a process to help me shake loose and get on track. If you find yourself in the same situation, here are a few ideas that I hope help you.

1. Read a book. Maybe two. One can be about your career field and the other on something different. When you’re done, think about what you’ve learned and if it opens up new doors for you. This has worked for me and I believe in it strongly.

2. Dig into your personal network and renew your relationships. Spend time talking with the people you know and who know you. Besides generally being good for the spirits, who knows what surprises, benefits, and changes can come from time invested this way?

3. Be open to criticism. This one is tough to swallow for just about everybody at one time or another. If you truly want change in your life, you have to be willing to see yourself as others see you. Ask people to give their opinions. Yes, it’s possible you may hear some things that are painful at first, but those moments allow you to get stronger.

When I deliver a training course, at the end I ask my students to give an honest evaluation of their overall experience. What could I have done better? Would you have preferred more or this or less of that? Over almost 20 years and more than 15,000 people I have worked with, I’ve been

blessed to get a bounty of useful feedback that has helped to improve my work.

4. Don’t shy away from decisions. That’s where the change gets fueled. The majority of people don’t want to make decisions because of what? If you said “fear” you’re absolutely right. People fear decision making because they are afraid of what might happen if they’re wrong.

Well, decisions are based on risk and reward. If you have no risk then is the reward worth the effort? If you work in someone else’s company, accept this as absolute fact: Every CEO — every CEO — is looking for decision makers. It’s a super power and will take you far.

5. Think big but act small. I recall being a bit confused when I first heard someone use this line. It’s actually two separate conversations. One, thinking big means stretching past your comfort zone, coming up with ideas that take you places you’ve never been. It means going for big goals. Too many people aim far lower than what they’re capable of. Is that you? Can you admit to doing that?

After thinking big the second part of it — act small — is the key to achieving what you’re after. Some folks are idea machines, but never take action on them. You want change? Get busy and get your idea past the idea stage. Acting small means you put in the work.

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](http://guamtraining.com)

