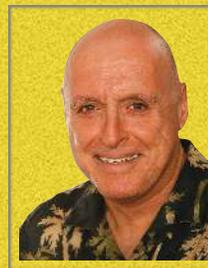


THE EXTRA POINT

BY JERRY ROBERTS



435 7 Obstacles to Happiness – at Work and In Life

I was concentrating on my pile of reading this past weekend when one of those impossible-to-ignore posts caught my attention. “The 7 obstacles to get rid of and then you’ll be happy,” etc. Whoa. How could I resist? I’m Jerry Roberts and today, we’ll tell you what those obstacles are so you, too, can avoid them. That’s next on The Extra Point.

The 7 obstacles to get rid of and then we’ll be happy. Here we go.

1. Feeling sorry for yourself. John Gardner, Secretary of Health, Education and Welfare in the Lyndon Johnson Administration, once said: “Self-pity is easily the most destructive of the non-pharmaceutical narcotics; it is addictive, gives momentary pleasure and separates the victim from reality.” Until we get past self-pity, we have no chance to make progress, see meaningful change, and achieve the results we say we’re after.

2. Comparing yourself to other people. No matter how successful we are someone will be more successful. We’ll never appreciate our life and the gifts we’ve been given if our eyes are always locked on what somebody else has. We need to run our own race. We don’t know the struggles the other person has faced. We might not want to swap our life for theirs if we did know.

3. Toxic people. Is there anybody in your life who you would categorize as toxic, and when you’re around them they just bring you down? Their life is always full of drama, or complaints about somebody doing them wrong. The author of the article said, “Negativity is emotional second-hand smoke.” You can’t be around it without it rubbing off on you.

4. Playing games we can’t win. People want to do something or be something for the rewards it might bring, not because they really want to be in the game. The best example of this is

wanting to do a certain kind of work because it’ll likely make us wealthy. If we don’t love it, eventually we’ll probably leave it and have to start over. We need to be careful about pushing kids into something because we think it would be good for them.

5. Attachments. Being attached to money is one of them. The old quote is: “We buy things we don’t need with money we don’t have to impress people we don’t like.” Some yearn to be recognized as the tops in their field and unless they are, they’re never happy. There’s nothing wrong with wanting to be recognized for our work, but there’s always somebody as good or better. It’s okay to want things, have things, do things, and be things — so long as they don’t imprison us in our desires.

6. Our addictions. Are you thinking drugs and alcohol? Addiction is anything we rely on that isn’t good for us. Certain foods, social media, our phone, television, and on it goes. Be honest with yourself, what are you addicted to?

7. Stop digging if it’s getting you nowhere. We can’t climb out of a hole while continuing to dig it deeper. If life isn’t taking us where we want to go we need to stop going where life is taking us. We’ll have to discipline ourselves in order to change our direction. It won’t be easy but that’s life.

Seven obstacles to happiness that are in front of all of us. Did you see yourself in any of that? I sure did.

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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