

# THE EXTRA POINT

BY JERRY ROBERTS



## # 440 Be a Giver of Time for the Right Reasons

You think you have trouble managing time? You think this is a much bigger problem today than at any time before? I'm Jerry Roberts and today, if you said "yes" to that second question, we might be able to challenge that position. It's about time, next on The Extra Point.

All day long, we allow it to slip away in chunks, large and small. Someone tells us a bad joke and we give them a courtesy laugh not wanting to hurt their feelings. Somebody else has to show us the latest meme or video on Facebook or Instagram and there it goes, another chunk. A good and juicy piece of office gossip steals a section away and we're a willing accomplice. Well, it would be rude to walk away, right?

It's easy to say that people and things conspire to do this stealing, and we're the mere victims. That wouldn't be true, would it? If wasting time was a crime, we'd all be guilty. The truth is, squandering time is nothing short of a disease and most of us have it.

Stoic philosopher Lucius Annaeus Seneca once marveled at how stupid even the smartest people are when it comes to protecting their time. He said: "No person hands out their money to passersby, but to how many do each of us hand out our lives! We're tightfisted with property and money, yet think too little of wasting time, the one thing about which we should all be the toughest misers." He said those words some 2,000 years ago.

I picked up an article yesterday on this and it cited some interesting points. The first is that we think we have time and lots of it. The average male will make it to the late 70s, a female gets a handful of years more. So, if you're in the early part of that journey you may feel you've got time to burn — so you do. Yet, we see daily reminders of the end of life, and too often a life cut off prematurely.

When we do we'll often vow to make changes

and better optimize our time. Yet, we rarely do. We'll say things like, "Well, my parents are in their 80s and grandparents made it to their 90s." We think we're blessed with longevity but it doesn't always work out that way.

Another reason is that we don't want to offend anyone by saying the word "no." What will people think of us if we decline their offer to blow off the afternoon on some mindless distraction?

The third reason in the article is that we don't value ourselves enough. As stated, you wouldn't cash your paycheck and just hand it out. You've heard the phrase, "time is money." Why don't we believe that?

Let me add a two-part reason to the list. We don't practice protecting our time and we're not intentional. Rather than watching a five-minute video on social media, what if we said, "Hey, I can't stop now. Send me that link, okay?" You don't hurt their feelings and you save a small chunk of your life for something more valuable.

Look, I do it too, just like you. I shake my hairless head every time I think what I could have accomplished in life if I had just been more intentional with my time.

I don't make new year's resolutions but if I did it would be that I squeeze time a lot harder than ever before. There are a lot of good things to give our time to in big chunks and we need to be more intentional on doing that. I want to be a time giver for the right reasons.

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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