

THE EXTRA POINT

BY JERRY ROBERTS



449 How to be a Winner on the Weekend

Are you a winner or loser when it comes to the weekend? Strangely enough, a lot of people look at it that way, like it's a competition. I'm Jerry Roberts and let's see how you score on this question, next on The Extra Point.

We work a full week. Maybe things go really well and we check off a major goal. There is good reason to be happy and we're in good spirits as the Friday workday draws to a close. We're almost ready to pack up and head for the door when somebody asks the question.

Oh, you know what the question is. It's the question that, no matter how tight we've been as a team throughout the week and we had each other's back, this is the question that has the potential to divide even the closest of coworkers and friends.

What's the question in question, you ask? "Hey, so whatcha doing on the weekend?" The words feel like somebody dressed an open wound with Tobasco, because you know the only time you'll be out of the house is to go to church. Otherwise, it's going to be a blur of laundry and house cleaning.

"Oh, I've got so much happening this weekend. I don't want to sound egotistical by reading it all off. How about you?" They tell you about seeing the hottest movie, going to the biggest charity ball of the season, running a 10K, having a wonderful family gathering at the beach as siblings are visiting from the mainland, and they've got a romantic dinner and evening with their special someone. Then you say, "Well, it's amazing that we have such similar weekends planned." They leave and you're left muttering, "I'm such a loser."

Some of us look at weekends like we do cars, houses, and clothes. We envy others who are doing what seems like more exciting things than we are. Once again, we're comparing ourselves to someone else, and that just invites misery.

Doing cool things and having lots of fun and excitement is fine. It's great. You want in on a secret? Please don't tell anybody. People who seem like that's their lifestyle — fun, fun, fun — also do laundry, clean house, and run errands. Some of their weekends might not be so exciting. Does that surprise you?

If you want to have a good weekend every weekend, grab a piece of paper and make four boxes. In the first write "personal." List three things you want to do for yourself. Sleep in, do some exercise, read, watch a favorite show, attend a worship service. In box two write "to do." Wash clothes, clean the house, buy groceries, and run the kids to an event.

Box three is labeled "people", those you plan to be with. Think about each one. Imagine the conversation and the laughter. Imagine the memories you'll be making. Finally, box four. Call it "prep" for the week to come. I go over my to-do list and calendar, thinking of who I'll be seeing and how I'll be helping them. I'll do some writing, including Monday's Extra Point.

I admit I often don't get everything done in all four of those boxes, but if I get the important items checked off, plus a little extra, and I come into the new week rested and ready to go, that's a win in my book.

Weekends aren't a competition. If somebody tells you about their unbelievable weekend to come, be happy for them. Then go make your four boxes and fill 'em with good stuff. Enjoy.

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.

###

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

THE POINT
93.3 FM / 1350 AM / 104.3 FM HD-3

GUAM  TRAINING