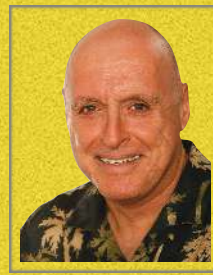


THE EXTRA POINT

BY JERRY ROBERTS



455 12 Things We Need to Remember

Things to realize. Things to think about. Things to be thankful for. I'm Jerry Roberts and today, the day before Thanksgiving, things that need to be remembered every once in a while. That's next on The Extra Point.

You may have seen this circulating on social media and I thought I'd add it here. Twelve things that we need to remember.

1. The past cannot be changed. Too many of us spend too much time living there, going through the coulda/woulda/shoulda regrets exercise. I've done it myself. Let's work on today to make up for some of the things we wish we would have done differently.

2. Opinions don't define your reality. Just because you think I'm incapable of producing excellent work doesn't mean it's true. We can change that viewpoint in a heartbeat by raising our game. How well will you do? That's up to one person. You.

3. Everyone's journey is different. Just like a fingerprint, nobody in the past or future will have a journey exactly like yours. Embrace that.

4. Things always get better with time. That's only if we accept that they do.

5. Judgments are a confession of character. This is tough for a lot of people to swallow. Our judgments say as much or more about us, as they do about the people we judge.

6. Overthinking will lead to sadness. Keeping things simple is more often than not the best way to go. I can't remember how many times I had a first impression on how to deal with a situation, then second-guessed myself, made changes, and things not only didn't work out to my satisfaction, but it turned out that my first idea was the better way to go. I'm sure you've had the same experience.

7. Happiness is found within. No amount of material goods or exciting events bring happiness. The best we get from those things are some cool distractions. Not happiness. We get that by adding value to other peoples' lives and being grateful for what we have. That, in turn, leads to genuine peace of mind. And yes, we can achieve that in our job.

8. Positive thoughts create positive things. Negativity drains our energy away. It turns the possible to the impossible.

9. Smiles are contagious. Start a virus today.

10. Kindness is free. It will cost us nothing to make somebody's day. The only thing we have to pay is attention. Who in your workplace needs your attention today?

11. You only fail if you quit. You can stumble, fumble, and bumble, to the point where it makes you want to grumble and mumble, but if you keep trying things will eventually turn in your favor. Giving up is crossing the failure line, and sometimes we don't see how close we were to the finish line. Everything short of quitting is a learning experience which is real value being added to our lives.

12. What goes around, comes around. So be careful what you're sending out. Tomorrow, send out appreciation and gratitude for what you have. I'm thankful for you listening and for the team here at The Point. I wish you a blessed Thanksgiving.

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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