

THE EXTRA POINT

BY JERRY ROBERTS



456 Manage Habits if You Truly Want to Grow

Several months ago I began to think about what I'd like to accomplish in 2020, which starts in 32 days. As I drew up the list of things to focus on in the new year it dawned on me that some of it wasn't possible with the 2019 version of me. I'm Jerry Roberts and today, we talk about what can hold us back from making progress in our career and life, and what to do about it. That's next on The Extra Point.

The 2019 version of Jerry isn't going to get me to where I want to be. You know, that's a tough bit of reality to chew on. I had to admit to myself there are things about me that could hold me back from taking the next step. Those things might not be visible to anybody else but they're clear to me. My ego started to push back: "Hey, we're pretty productive here, we get things done." Yeah, that's true, but not at the level I'll need to if I want to raise the bar.

The Live2Lead conference was ramping up, there was client work scheduled as well as daily family responsibilities, but I started to look at old notes on goals, personal growth, breaking through barriers, and I came across this quote from Charles Duhigg, a reporter for the New York Times and author of the book, *The Power of Habit*. It stopped me cold. Duhigg said, "The difference between who you are and who you want to be is what you do."

There it was. The whole conversation boils down to habits. It's not enough to want something. You have to want it enough to make the changes necessary so the growth can take place. Every one of us has habits, both beneficial and harmful. Things we do on a regular basis that propel us forward, and others that cause us to stumble, to be held back. There is enormous power in habits.

If we are to accelerate our life and career, we'll eventually have to get face-to-face with our habits. We'll eventually have to decide, "My habits will control me or I'll control my habits."

If you've never heard the term before, it's habit management and it's going to become a bigger buzzword in the language of business and personal development. It's about building, maintaining, dropping, and tracking habits.

Tracking habits. I began to write down what I felt my habits were. There were only a few to begin with, but the list grew over days as I ran through my normal activities. I had these habits in front of me so now what? Then I saw this from Napoleon Hill, author of *Think and Grow Rich*: "What is your burning desire?" Do I want what I say I want more than I want this habit?

In studying habits I came across this tidbit. You can't unlearn a habit. You'll fail if that's where you focus. What you need to do is develop a new habit and feed it, starving the old one of any attention. That made sense, so I began putting together a list of good habits I want to focus on. If I do that the old habits won't have a chance to interfere in my plans.

Here's what I've done and something you may want to consider. I turned my list of 15 desirable habits into a habit tracker. It will reside in my daily planner. Mine is in notebook form but you can do this on your phone. In fact, I use apps on the phone to help support the effort. As you go through your regular routine, you check off each day where you perform each habit. The magic is in the tracking. It provides the focus we need. Now, if you want to do this along with me, start making your list of habits you want to follow and we'll revisit this topic again.

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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