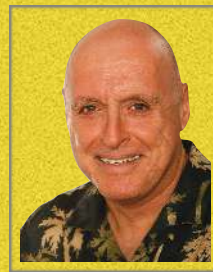


THE EXTRA POINT

BY JERRY ROBERTS



475 How to Look Back on the Last 10 Years

Five days until the end of the decade. We've taken 10 trips around our sun since the last time a year ended with a zero. I'm Jerry Roberts and today, let's talk about how we might mark this event, next, on The Extra Point.

It's human nature to shine a little extra light on the last 10 years, looking back to 2010. Did we make the kind of progress we'd hoped? Are we okay with the past decade and what we made of it? Is there anything wrong with looking back and judging, even if it's just a little?

Seeing as though yesterday I mentioned that one of the 13 things that mentally strong people don't do is live in the past, could I say, "Sure, good ahead, spend all the time you want going over the last 10 years and render a decision on how you did and where you are as a result?"

Here's the risk: it's too easy to get lost in the coulda-woulda-shoulda game, and find ourselves standing on top of a pile of regrets. Another downside is the natural inclination to compare our life to others. Maybe 10 years ago you were working in the same job with friends and now a couple of them have been promoted, or have started their own business and they're doing great. Those kinds of comparisons often lead to sadness and envy.

So let's do a collective exercise. Wherever you are right now — in the bathroom, at the breakfast table, in traffic, already on the job — repeat after me, out loud, or just in your mind if you're a little shy...repeat after me....."I accept these past 10 years.....there were many good times.....I could have done better.....I learned from my mistakes.....and they made me stronger.....I'm glad for what I know.....I'm glad for who I know.....I'm grateful for the blessings in my life.....and I can't wait for what's ahead."

I hope you took part in the exercise. It wasn't just something to say, it's a framework for how

to look at your last 10 years. That was my intent.

Accept what is because you can't change what happened. Recall the joy from your victories and have respect for any losses and mistakes. Joy again, as you recall what you learned and how you changed and became stronger. Then get up to your eyeballs in gratitude for what you have, what you know, the people in your life, and count your blessings. Then, count them again.

After that, put the last 10 years into the archives and turn your attention to what's coming. In the next few days think about what you'd like to be looking back on 10 years from now. When 2029 rolls over to 2030, what do you want to be saying about the decade just passed?

The only reason to ever look back is to be able to have a clearer picture and more well defined path to the future. You're the architect of your dreams. What are you going to build?

Set a vision for what you want, chart goals and create the steps, even baby steps, on how to get there. When you achieve an objective, reset the bar a little higher and go again.

I'm not just spouting philosophy, I'm right there with you. For what I want and where I want to be in 2030, and for what I want for my family, I need to be far better than I am now. I'm setting goals, too. The last 10 years brought us to the doorstep of the next 10. Accept what and where you are, then get on with where you're headed.

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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