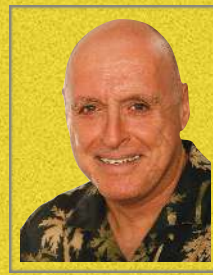


THE EXTRA POINT

BY JERRY ROBERTS



481 Simple Ideas to Make 2020 a Better Year

Sometimes we simply need a simple reminder of the simple things we already know. The simple things we learned from our parents and hopefully didn't tune out because — right — it came from our parents. I'm Jerry Roberts and today, some nuggets of wisdom we should recapture if we want 2020 to be the year we say we want it to be. That's coming next on The Extra Point.

Some people live their lives as examples to others. Some people live their lives as warnings to others. The rest live their lives in the middle, mostly avoiding the two extremes. My mom used to tell me that I didn't have to make all my own mistakes, that it was okay to learn from the mistakes of others. It took me too long to get the hang of that.

Here we go with some things I was told when I was just starting out. Maybe you've heard a few of them along your journey.

1. Stop hanging out with losers. If we spend our time with people who are going nowhere in life, then we'll be their neighbor. Surround yourself with those who are smarter, faster, better — people who are accountable, and willing to pay a price for success.

2. If we constantly attack our system with tobacco, alcohol, drugs, sugar, caffeine, and unhealthy foods, then why on Earth are we surprised when it breaks down? My mom knew this before anybody was talking about it.

All the information we'll ever need to chase better health is on the Internet. Use it. Most illnesses are caused by lifestyle choices.

3. Exercise more and sleep more. These two are at the top of my list for 2020.

4. Turn off the TV and read more. Mom passed away before cell phones. She'd say to turn them off. She read at least one book a day, sometimes

two. John Maxwell and many others have echoed the same idea for years — readers are leaders. Every book we read and apply in our life adds to our value, and pushes us further toward achievement.

5. Eliminate impulse buying. If we see a cool or trendy item and it's over a set amount, say \$50.00, then build in time as a buffer before buying. It could be just a few minutes. I'd say the more costly the item the more time we add before deciding. When the time is up if we still want it, then buy it. A lot of times we won't.

6. Stop trying to impress people with what we wear, where we live, and what we drive. Just do and be our best. That'll be enough for the people in life who really matter.

7. Give better than we receive. Think about how this applies to your job and career. So many people talk about getting a promotion in their job as if it's an entitlement. For me, a promotion isn't something we "get", it's what we earn.

Big Ed, my first real boss and mentor, came over to us one evening during our break from cleaning cars, and he said, "Tomorrow morning, will drivers notice the work you did tonight? Will it be THAT good?" Mom told me, "Everyone gets the same eight hours. What will you do during your eight to make yourself stand out?" To me, that's still the essence of what it takes to get ahead. May that be the daily workplace challenge for us all.

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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