

# THE EXTRA POINT

BY JERRY ROBERTS



## # 502 Three Habits You Want to Get Rid Of

There are lots of little habits that hold us back from achieving what we're truly capable of. I'm Jerry Roberts and today, we'll focus on just three. If we could eliminate these three, everything would be so much better. That's coming next on The Extra Point.

Habits are critically important to our personal development and our overall results. The good ones drive us forward and the bad ones can knock us totally off the tracks. I've got three to talk about today — three things that I need to get rid of just as much as you. Let's see you if agree with my choices.

Habit #1. Taking things personally. I've worked with people who were easily offended by the least bit of criticism. Maybe it was someone giving an opinion that challenged their position, or a coworker questioning a decision. It could have been a simple disagreement or misunderstanding, the kind that happens every day. However, to them it was a personal attack and unwarranted.

Some people see an attack any time someone doesn't agree with them. They may see it as an affront to their integrity. You're not just talking about my work, you're questioning my work ethic, my character, my intelligence, my value to the company. Whoa, slow your roll.

Work is a thing, it's not us. We can all do better but we'd rather not hear about that. When the boss tells me I can improve does he really mean that I'm not doing well enough? If you're unsure, ask. In the meantime, we need to give people the benefit of the doubt that their intentions are legitimate. They're not out to get us. Probably.

Habit #2. Worrying what people think of us. I've said this before: "What people think about me is none of my business." Embrace that idea. Some people are paranoid or on their way to paranoid, always sweating over how others

see them. Stop it now. It will make you crazy if you don't. You'll see normal conversations between coworkers as them gossiping behind your back.

We all want to be accepted and be liked. That's normal. To handle this focus first on your job and do your absolute best. Then follow this rule: always be pleasant, helpful, and decent to everybody. People who don't "get you" and appreciate you for doing that...well, you really shouldn't worry so much about them, right?

Habit #3. Stop holding onto the past. This is the land of coulda, woulda, shoulda, and the national slogan for people who live in the land of yesterday is just two words — "If only." We play all of our bad movies over and over, dragging them into our conscious minds and affecting our performance today. That perpetuates the failure. Something that may have happened decades ago, that we cannot change, is going to drag us down again?

Do this. Dredge up the bad memory and ask yourself what you learned from the experience. Write it down, then kiss it goodbye. Tell it you won't need it any longer. Let it rest in peace, and replace it with another movie — how you learned a valuable lesson that will help you in the future.

Don't take things personally, don't worry about what people think of you, and don't dwell in the past. Conquering these three habits will make for a much better work life, and life in general.

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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