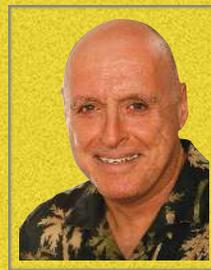


# THE EXTRA POINT

BY JERRY ROBERTS



## # 535 Good Habits and Good Attitude Count for a Lot

A week into the COVID-19 situation and there's a lot to process to try to understand this virus as well as the best way to protect our families. I'm Jerry Roberts and today, what we've learned the past week can help us as we move forward. That's next on The Extra Point.

One of the key elements of fear is not knowing what you're up against. Learning about this virus, how it's acquired, what it does, the odds of avoiding it, the odds of beating it if you get it, how best to protect yourself and your loved ones — is not hard. There is a mammoth amount of information churned out every day on the Coronavirus.

The hard part is navigating all of it to find what you want and need to know. Spend the time to learn as much as you can.

The tendency is to focus on the news and get caught up in the raw numbers, especially now with new cases skyrocketing in the mainland U.S. I was glued to those numbers for a long time, saw the projections and knew there were rough days ahead.

On Friday I put aside the statistics and began to dig for things I can control. I'm sorry for the misery and suffering both here and elsewhere, but the only way I can influence COVID-19 is to do what I can to help myself, my family, and others not to catch it.

I went to CNN, read articles and watched videos from infectious disease experts, and picked up their tips for how to tip the odds in our favor. There were specifics about how to conduct yourself on the job and when you need to go shopping.

Then I saw a quote from Dr. Sanjay Gupta, who comments regularly in the media, and it was powerful. He said, "Act like you already have the virus." If you knew you had it, how would that change how you do things?

What Gupta was getting at is if you had the virus you would stay home and limit contact. It's the best weapon we have against this menace. Is it hard? Are you tired of Netflix already? Are the kids going stir crazy and begging for you to let them go visit their friends?

Start to develop daily habits that will help you get through these difficult days, weeks and months ahead. Set up calls with coworkers to see how they're doing, as well as family and friends — both here and living elsewhere. This will help maintain high spirits and a positive outlook.

Attitude counts when you're leading a team, whether that be a work team, or the one at home. If you're a parent your kids are going to get their cue from you on how to respond to this challenge.

Let me say that I'm grateful for the workers in the stores who are doing their jobs to provide us with what we need, and their positive attitude. It's great to see shelves restocked daily, letting us know there is no need for panic buying. Some items are not available but one day they will be again.

A reminder. Guam Training invites you to go to John Maxwell's Facebook page, and for the next three days view his series "Leading Through Crisis." Every manager, supervisor, and team leader should take advantage it. Go to [facebook.com/johnmaxwell](https://facebook.com/johnmaxwell). There's no cost. Enjoy it.

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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