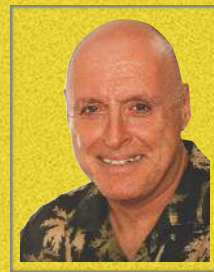


# THE EXTRA POINT

BY JERRY ROBERTS



## # 547 You Want Me to Look at My Goals NOW?

We've talked about goals a fair amount in the last couple of years in this program. What about goals when you don't know when the world is going to turn right side up again? I'm Jerry Roberts and today, let's chew on that for a bit, next on The Extra Point.

One of the key components of any goal is the timeline. Without a delivery date for the goal, it's just a dream, a someday thing. It's the date that establishes the friction needed to get things rolling and to gain the momentum needed to reach the finish line.

So, with most everybody locked down, and not knowing when things will be normal again, how do you establish the timeline for a goal? The answer to that question is that it depends on the nature of the goal.

If you're looking to open a retail store, that's going to be difficult until people have the freedom to move around again, and they have the confidence to do so. Still, you can prepare the rest of your plan, setting up suppliers, the concept and design of your store, and maybe even some of the marketing. Then, when circumstances change for the better, you add the timeline.

It's the same if you're thinking of starting a service business, or expanding one. Walk through the steps now, so that when the time in right you're ready to go.

What if you're looking to add a certification, or specific skills that would make you more valuable to your employer? Why not use this time to pursue it? Set a flexible timeline, starting with two months, and ask yourself, "How far can I go in the next 60 days?" Write down your assessment of what you'll be able to learn in that period.

Then repeat the process for four months and six months. We don't know how long this virus

is going to impact our island and economy. This is why you have some flexibility built in. Then get going on the plan. If you pound away at it and achieve your two-month goal — and we're still locked down — then move into the next two-month segment. You may be amazed at what you can accomplish by sticking to your plan and making regular progress.

Perhaps you'll recall Extra Points where we spoke of making 1% greater progress than the day before. Just do 1% better. If you do that every day, just 1% more, you'll be astounded at what you're able to achieve.

We also talked about the Power of One. If you're a runner it's one more mile. If you're a writer it's one more page. If you're a cook it's one more recipe. Whatever you are and whatever goal you're chasing, what's your "one more"?

A lot of people will now find it tempting to just hit the "pause" button on their goals. "I'll get back to all that when things get better." Many people never do.

I know that things are tough, uncertain, even scary. Maybe you're working or maybe you have a lot of family responsibilities. Do what you can. Get the dream in front of you and turn it into a plan, then break the plan up into a set of goals. Chop the goals up into simple steps and start taking them. Make whatever progress you can — big steps, small steps, even baby steps. Pull out your dreams and goals and ask, "What can I do today to take another step closer?"

That's The Extra Point. Stay home and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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