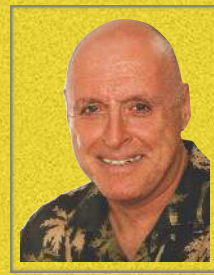


THE EXTRA POINT

BY JERRY ROBERTS



557 A Little Familiarity Can Bring Good Feelings

What haven't you done in the last month since we've been locked down? What do you miss? I'm Jerry Roberts and if you're a member of the workforce, you're used to doing a lot of things you're not doing now. We'll play around with this thought today, on The Extra Point.

We are creatures of habit. If you're like almost everybody else, when you put on pants, whether man or woman, you put the same leg on first every time. You'll brush your teeth the same way. Makeup goes on and off, yes, just as you always have. When you really take a look into this, a lot of life is made up of habits and routines,

The last month, however, has interrupted that for the majority of Guam's people, especially those who were holding down a job. Again, the majority of us in that category got up at the same time every day. We got cleaned up, grabbed a bite to eat and then out the door, maybe dropping the kids to school and getting to work a couple minutes before 8:00.

At work we have a routine. We know what to do. It's been learned, it's comfortable, we've become good at it, we feel a sense of accomplishment when we see a task through to completion. We see the organization making progress and we're making progress, too.

Now, most of us don't have that. We don't have that place to go to feel comfortable, to apply the skills we've learned and practiced. There are no tasks, no completion, no sense of accomplishment, no progress.

Where's my planner? I want to write in it. I want to sketch out the entire day and have it in front of me, with people to see and to call, and definite progress to be made.

I'm still working on projects and I put all those down on paper, but it's just not the same. I long for a day with wall to wall appointments

— even if we all have to wear masks. I'm ready for it.

If you've got a planner and you're not using it, start writing something in it. Write down what you want to get done when you get back to work. Special jobs, things you've wanted to do but haven't had time. Maybe a couple of ideas to change things. Put it in your planner. It'll feel good. Trust me.

We'll talk more about this tomorrow but let me squeeze in one more thing in for today. Get dressed. I don't mean just any clothes. Get dressed as if you were going to work. Maybe that's a skirt, blouse and high heels. It might be a company uniform. Or, pants and a shirt.

Since the pandemic began and the world turned upside down — with the exception of a couple of days — I've dressed just the same as I did before. I run a few errands here and there, but mostly I've stayed at home. Just being in these clothes makes me feel better and more engaged. If you're not doing that, again, why not give it a try?

Are these mind games we'll be playing? Yes, but that's okay. It's really about doing familiar things to regain some familiar feelings we enjoy.

The world of work is coming around again, once we've learned more about the virus and how to best control it. In the meantime, a little planning and getting dressed up might just brighten your day a little — and that's a good thing.

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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