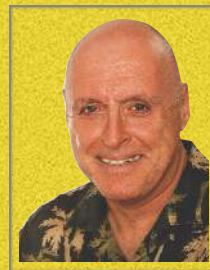


THE EXTRA POINT

BY JERRY ROBERTS



558 Are You Ready for a Mental Shift?

Routines have been interrupted and we're no longer doing the things we're used to. It's not a change that suits us very well. I'm Jerry Roberts and today let's talk about making different changes that can put us in a better frame of mind. That's next on The Extra Point.

Yesterday we talked about being creatures of habit, and that the coronavirus lockdown has thrown us out of most — if not all — of those patterns. Specifically, it has changed the routine we have with making a living and our regular schedule. If we're not a part of an essential business and still working, then just about everything we did Monday through Friday is different now.

We don't use our planner, we don't get dressed for work, we don't think about all the things we need to do around our work hours. We don't have our attention focused on getting projects done and getting ahead. We're thinking instead of federal stimulus money, safely getting businesses and government offices open again, and wondering if our leaders are really prepared for what may come, so that we may better prepare.

Let's follow up on the getting dressed part. It's really nothing more than a way to make you feel better, to again feel what was normal just a month ago. Working in your planner can be a little different, and there are other potential benefits. A psychologist would tell you that we all need future momentum to keep going.

Future momentum is a significant part of what gets you up in the morning. Maybe you have a plan or at least an idea of where you're going in life, and every step forward you take means that you're moving in the direction of your goals.

At the same time, putting our focus on the future allows us to take our attention off the frustrations of the present, at least for a while.

I'll take it a step farther. Keeping our goals in sight and doing anything we can to visualize actually achieving them, and how we'll feel when we do, will help us weather the current storm more effectively.

Wait a second, what if you don't have a plan? Well, then this is a good time to start asking yourself what you want and how you're going to get it.

What we're talking about here is making a mental shift. Instead of just getting through this virus situation, however long it takes, and then thinking about work and progress and all that, I think we lose a big opportunity.

Let others do that. You start thinking about goals, making plans, imagining how you can improve your job and make things better for your employer — and when you do finally walk into your workplace again, you'll be prepared to make a bigger and better contribution.

Psychologist William James said emotions are caused by our reactions to external events. This is a part of emotional intelligence, which is all about intelligently controlling our emotions.

Here's a question. When you sing, is it because you're happy...or are you happy because you're singing and all those musical endorphins are flying around inside? Think about that.

Better times are ahead. Get ready for them now. You'll never regret that choice.

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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