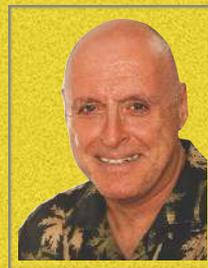


# THE EXTRA POINT

BY JERRY ROBERTS



## # 647 Are You Focused on the Good Stuff?

Are you suffering from a “goodness disconnect”? I’m Jerry Roberts and let’s find out, next on The Extra Point.

A “goodness disconnect”? What on Earth? What if I said, many of us need to see our “good stuff” tanks filled, because we’re running low? Let me dig into this a little.

We’ve all been under the wet blanket of the coronavirus for seven months. It’s been in Guam for six of the seven, but many of us had our eyes on it during February, picking up daily media reports of how it was spreading, realizing it was just a matter of time before it arrived here.

Today, when I speak of freedoms lost, it’s not in a political sense. Conversation about that is pretty much available wherever you look or listen. For today’s purpose, it’s about how the past months and disruption to life has impacted people, and what everyone in the workplace should be thinking about.

We all need to be reminded, consistently, that there are still good things in our lives, regardless of how the virus has changed routines, and what’s available to us.

Mindy Aguon wrote a column in the Guam Daily Post yesterday that everyone should read. She discovered good in the midst of chaos, unwanted challenges, and disappointment. She mentioned using this time for learning opportunities, getting in shape physically, and time with family. Before we go further, let’s talk about family.

Something else that doesn’t get a lot of discussion is how parents approach a time such as this, will teach kids how to deal with hardships and downturns later in life.

Those who have been proactive and maximized the time, as in Mindy’s example, teach one kind of lesson. Those who have been inactive, essentially putting life on hold until the virus

threat is over, teach another.

In the workplace, where do we find the good? Having a good meeting? Maybe a good one-on-one session with our boss. A great customer experience. A big sale. How about a new hire, at a time when so many are out of work and companies have downsized, or maybe gone out of business.

If you’re familiar with what a vision board is, a visual reminder of goals and objectives, some people are now putting together “good stuff” boards. Pictures of clients and you conducting business, printouts of positive emails and texts from customers, accomplishments, fun things that have happened during the month.

If you do this, make sure you wipe the slate clean for the good stuff board at the beginning of each month. Starting over with that clean board will make you want to immediately get something on the board to start filling it up again. Once you start this process, don’t stop. Make it a focal point of the positive things taking place in your organization.

We don’t know how long this COVID situation is going to last. Until it’s gone, look for the good stuff and don’t stop looking. And don’t look alone. At home, get the family involved. At work, encourage everybody to contribute. The more we focus on the good stuff and supporting each other, the better we’ll all be able to handle what’s in front of us.

That’s The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I’m Jerry Roberts.

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