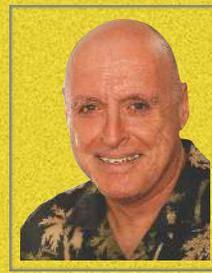


THE EXTRA POINT

BY JERRY ROBERTS



666 Two Ways to Improve Your Personal Production

Do you have the desire to improve the results you're getting in life, and you've thought about it for a while but you're not exactly sure where to start? I'm Jerry Roberts and today, a few things to consider that might just get you moving in the right direction. That's next, on The Extra Point.

Sometimes you just realize that what you're doing isn't working as well as you'd like, and you know you're headed for changes. I had that wake up call going on three weeks ago, and so I designed a simple 100-day challenge for myself. Last night, as I looked forward to what would happen today, I went over what I needed to do.

Today is day 17. I wanted to sleep for seven hours. I needed to drink a gallon of water. I would walk 5,000 steps and do some resistance exercise. I also have a full work schedule, which starts with The Extra Point, so I was writing up until the time I'd need to go to bed to get that seven hours.

I'm still working out the inner game, the mindset stuff it takes to stay on course and to get the most out of the decisions we make. The mindset is critical because on the days that I'm not "feeling it," those days I'm tempted to slack off and take one of those "cheat days," how can I fight it off and stay on course?

I've got two ideas to share today, if you're also trying to squeeze out a little extra production and value out of your day.

1. Don't tolerate our excuses that seem so reasonable. Some nights I get five or five and half hours of sleep, and I feel too tired to exercise. I tell myself, "It'll be useless, the workout isn't going to be any good. I'll do it tomorrow when I have more energy." Come on, it's a reasonable excuse. The reality is, once I start the workout I get a burst of energy that stays with me. I know that.

We use these excuses for all kinds of things. They eat away at our resolve to stay on course because they seem legit, and on top of that we start cutting deals with ourselves, promising things like, "I'll rest now and workout later, I know I will."

The key is to resist our own human nature that wants us to give ourselves a break, and instead to push forward. Each time we do resist, we make it easier to resist the next time.

2. Be careful with "dead-time." I didn't really focus on this until the last year or so. Let's say you wake up at 5:30. Instead of jumping into your morning routine, you stay in bed, grab your phone and start in with social media and email. A half-hour later, you get on with the day. Or, you go and sit on the pot, and take your phone in with you. Same thing, a half-hour later you come out. So what's the problem? Well, if you do this every day, that's 180 lost hours yearly. That's a month's worth of productive time.

Look, I still do it, but it's not every day and I don't blow off a half-hour. So, I'll take small victories here if you don't mind. Yet, I can do better and get to my morning routine faster — particularly that first big drink of water.

Two ways to stay on track. Stop accepting your own reasonable excuses, and watch how we use time, particularly first thing in the morning. Get a handle on just those two factors, and your goals have a much better chance of being realized.

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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