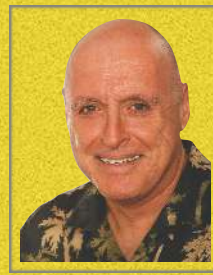


THE EXTRA POINT

BY JERRY ROBERTS



678 What We All Need More Of

I need you to answer a question. In the face of all we have had to deal with in 2020, how would you rate your mental toughness? I'm Jerry Roberts and I want you to think about that for a minute, and then we'll jump into the conversation, next, on The Extra Point.

2020 has been a year nobody could have anticipated. One challenge after another, and the high level of confusion. A lot of what we see just doesn't seem to make sense. It's incredibly frustrating and a lot of people have a hard time coping with what we're up against.

So, back to the question. How do you rate your mental toughness? Are you: 1) Super tough, nothing can penetrate the mental armor you have on. Or 2) Pretty tough, very little throws you off-track. Or 3) Not as tough as you'd like. You do okay but there are some days when you just want to curl up and leave the world outside. Or 4) Marshmallow tough, pretty much everything gets to you and you have more of those curl-up days than you care to admit. Where do you stand?

Author and psychologist Angela Lee Duckworth said that one characteristic over all others is the true indicator of success. It's not looks, or health, or being a whiz at social media, or having a high IQ. Or having hair. Naw, she didn't say that. It's grit. Grit is it.

Standing up against the obstacles of life, weathering the storms, pushing forward no matter what your challenges are. Doing this not for a little while, but for as long as it takes. That's grit.

Grit is knowing what you want and why you want it, and not giving up — even when things don't go your way and quitting would make things easier for now. Grit is playing the long game. Are you playing the long game?

I know a lot of people who do. I'm thinking of

one, a mother and grandmother, who pours herself into the lives of her kids, and now her grandchild. She works full-time and has forever. She works out, tries to stay healthy, and is fighting to keep off the extra pounds because she's not a kid anymore.

She's also been taking online college classes to get her bachelor's degree in business. She's been doing it for over 10 years. Every day she does a little bit more, squeezing her schoolwork around job and family responsibilities. She takes an occasional nap, winds down after dinner, gets up early and punches out another day.

By this time next year she should have that degree, the first for anyone in her family. Then, she wants to go after her master's degree. More years of the same routine, but she's playing the long game, and nothing will stop her.

So, what does the face of grit look like. She's pleasant, courteous, caring, helpful, confident but never overbearing, and she has an easy smile. You might not look at her and think about mental toughness, but it's there.

She decided what she wanted, and why, and also decided that nothing would keep her from it. She has grit, and she's also teaching it to her children. She doesn't talk about it, her life is her example.

It's one of the things they don't teach in school, but should. It's the game-changer. It's what we all need more of...a heaping helping of grit.

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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