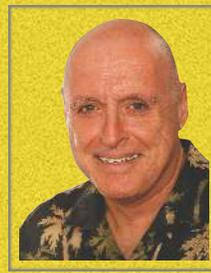


THE EXTRA POINT

BY JERRY ROBERTS



687 The 12 Rules of Life — Part 3

Today, part three of our look at *The 12 Rules of Life*, Jordan Peterson's book. I'm Jerry Roberts and that's next, on The Extra Point.

We've been talking about *The 12 Rules of Life*, the book from Jordan Peterson that was initially aimed at youth and young adults, to help them unlock some ideas on how to approach life. I think his advice can be helpful for all of us.

We've gone through three of Peterson's rules over the last two days, and you'll find those, Extra Points #685 & 686, at guamtraining.com.

Rule 4: Compare yourself to who you were yesterday, not to who someone else is today. I think I was 14 the first time my mom told me there would always be someone who is richer than me (we were poor, so I was okay with that), smarter than me (well, okay, but how much smarter?), better looking than me (a lot better looking?), and then she said there would always be somebody who was a better pitcher than I was. Since my career goal at 14 was to play for the Dodgers, I gotta admit, that one really got to me.

So what was the point she was trying to get across? It was that the competition is not between me and anyone else, it's about who I am now, and who I can be tomorrow.

How many times have we talked about the *power of just...* running just five minutes more; lifting just five pounds more; studying just an hour longer. Just do a little more every day, and one day we'll realize we can now do a whole lot more than we could before.

Does this mean we should never analyze somebody else's performance? No, it's okay to watch how others do, but use their example to learn, not to obsess over it. You also don't want to spend so much time eyeballing someone else, because it can result in envy,

which is not good — as well as our brain subconsciously leads us to try to become like the other person. That's almost never a good idea.

Take my pitching. I would try to copy the windup of one of the Dodgers pitchers. I had it down so good. The trouble was, none of those windups worked with my body mechanics. My fastball wasn't as fast, and my curve didn't break as much. I had a smart coach. One day he asked me who I was trying to copy, and I told him. He said, "Jerry, your windup is nothing like his, and you were better before you starting trying to be somebody else. Just be you."

At first, I was bummed that he thought my windup was a bad imitation. Then, I went back to my old windup, and I was getting hitters out. I was good enough the way I was, and didn't have to worry about being someone else.

If you're not good at public speaking or giving presentations, and somebody in your group is a whiz, see if they'll help you get better, but don't try to copy their mannerisms or style. That's what makes them unique. Develop your own unique way.

Peterson's rule reminds us to look to our talent, our work, our work ethic, the way we lead, or communicate — and find ways to notch a small improvement. If we spend our time focused on someone else, we might miss out on an opportunity to grow us. One more entry tomorrow from the *12 Rules of Life*.

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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