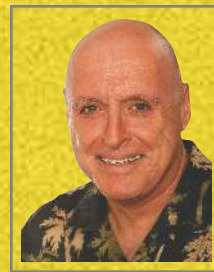


# THE EXTRA POINT

BY JERRY ROBERTS



## # 699 7 Things I Think I Need to be Thinking About Now

Seven thoughts that matter to me today, and when I wrote them down, I hoped they might matter to you as well. That's next on The Extra Point.

Every time I do a big event, like last Thursday's Live2Lead Guam program with John Maxwell, it takes me a few days to get back to normal. I usually operate on less sleep during the events, plus there's always last minute things to deal with.

I have a great time with Live2Lead, mostly because I know the value packed into it and the breakthroughs that can follow. Still, it's tiring and like others, when a project is delivered successfully, I want to hit the reset button.

What I often do in this situation is just start reading, from numerous sources, looking to suck in a mountain full of ideas that can be meaningful; ideas that can help me focus, and get me ready for the next step. I found seven I want to share today. Maybe you'll find something you can grab onto, like I did.

1. Think about progress, and never mind perfection. I slipped a bit into perfection mode during Live2Lead. I have to catch myself at times.

2. The stories we tell ourselves determine how we feel about ourselves, impact our self-esteem, and become self-judgment on the value of our job, career, relationships, and life.

If you make a mistake, say "Okay, I made a mistake, and here's what I'll do to fix it and do better next time." Don't go into the negative self-talk like, "I'm just not cut out for this kind of work, I really screwed up, I let everybody down," and on it goes from there.

3. Life gives you three choices. Give up, give in, or give it everything you've got. In other

words it's no way, half-way, or all the way. The first two will never get you to where you say you want to be. Growth begins at the end of my comfort zone. If I'm comfortable, I know for a fact that I'm not growing. It's impossible.

4. Who cares what I say I want to be, if I don't do anything about it? Goals, objectives, desires and ambitions are meaningless if we don't have a plan and execute the plan.

We need to stop talking about what we should be doing. We need to do what we should be doing. Stop dreaming, get busy!

I worked with a guy once who said, "If every question has to be answered before taking action, nothing would ever get done." The other day I saw this: "Don't over-plan and under-act." I love that.

And I don't know who said it first, but it's along the same lines — "Sometimes you just have to take the leap and build your wings on the way down." Does that seem scary to you? Don't worry, it scared me the first time I heard it, and then did it. You can do it, too.

5. If you commit to nothing, you'll be distracted by everything. Until we're anchored through commitment, we just flutter in every breeze that comes along.

6. Train yourself to see the extraordinary in the ordinary. Let me explain. When I coach someone, I'm looking for special qualities that my coaching client may not be able to see.

If you're a manager, this is a great default position to take, that you'll look for and see great things in the people you lead. Train yourself to see the extraordinary in the ordinary.

(Con't.)

7. In the end, the only things we will regret are those we didn't try, chances we didn't take, paths we didn't follow, people we didn't connect with, and the gifts we didn't share.

May your regrets be few.

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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