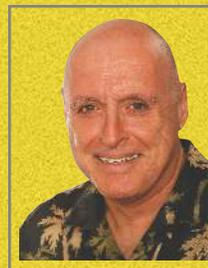


THE EXTRA POINT

BY JERRY ROBERTS



741 8 Truths That Will Improve Your Life

I came across a huge vault of truth yesterday. I'm Jerry Roberts, and I shall be the sharer of these truths, next, on The Extra Point.

What follows are not my truths. In fact, I don't know who's truths they are. I just know that each of the eight following statements carry truth, and we'll be a lot better off if we acknowledge that, and try to not just accept them, but also model them.

1. How you spend your time is how you spend your life. Lives are comprised of time. If you could submit your life and get one of those pie charts back, wouldn't it be interesting to know what percentage of time you spent: standing in line, driving your car, in the bathroom, eating, watching TV, posting to Facebook, arguing, praying, helping, encouraging, producing value, and all the rest. If someone, who didn't know you, looked at your pie chart, what logical conclusions would they make?

2. The secret to happiness is the acceptance of your authentic self. Never mind the you you wish you were, or the you you try to present to others. Can you accept the you that you really are — imperfections and all?

3. Create your own definition of success. So many people never think about this. Maybe they accept the world's view of winning. Is it money, possessions, prestige, respect, health, happy and well-adjusted children — what is it for you? If you cannot answer what success is, how will you know if you ever achieve it?

4. You can't control everything — but you can control how you respond. We spoke of this recently. If there is nothing else in life I can control, I know I can control myself. Nobody else gets to do that. Just me.

5. The bigger the why, the greater the impact and the stronger the drive. People who teach about the setting and getting of goals, often

discuss the issue of “why.” They know that once someone knows the real reason they want to reach a goal, they will be able to tap into that, to strengthen themselves when the going gets tough. The bigger the why, the stronger is the will to go after it.

6. Fitting in doesn't mean you have to be like everybody else. Another way to say it is, fitting in doesn't require that you give up who you are. Fitting in simply requires that you accept others for who they are, and figure out ways to coexist and be productive together.

7. When you're feeling down, the best way to shake it off is to help somebody. We're all going to have “one of those days” every once in a while. When it happens and you feel like you want to go to bed and roll up in the fetal position, instead do something nice for someone else. All of a sudden, you feel better about yourself. Give it a try and see.

8. Your life is right now. Life is a series of right nows. Learn to appreciate your life right now, and you'll have a better life than you can imagine. I've heard people say, “When I get that promotion, then I'll be happy.” Or, “When I get that new car, then I'll be happy.” Or, when I get a better place to live, a better job, a better boyfriend or girlfriend, or a better (*whatever*) — then I'll be happy.” Life is now. We all need to appreciate things in our lives, to exercise our gratitude muscles more often — and then we'll be happy. That's at home, and that's at work, too.

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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