

THE EXTRA POINT

BY JERRY ROBERTS



769 An Exercise in Gratitude

We've spoken before about gratitude, and how important I believe it is. I'm Jerry Roberts and today, I'd like to work with you to take gratitude to another level. That's next, on The Extra Point.

Today, an exercise in gratitude. You'll need paper and something to write with, and hopefully a phone. If you're headed for work or otherwise occupied, just listen for now. You can download Extra Point #769 to play along later.

We'll break this session into two segments. If you're going to work with me now, I want you to make a list of people you are grateful for. Here are the guidelines. Don't worry, this is easy-peasy.

1. Divide a piece of paper, 8.5 X 11 if you have it, by drawing six squares, three rows of two across. In the first square I want you to write the word "teacher." In the next two squares, write "boss." In the next two, write "family." Finally, in the last square, write "friend."

2. Under each word I want you to attach the name of a person who has been instrumental in your life and your personal development. Which teacher, bosses, family members, and which friend?

3. Then, write down what each did for you, in specific terms. "You were a great boss" is general, not specific. "You taught me how to read financial statements and that's been a big help in my business." That's specific. "Dad, you were always there for me" is not specific. "Dad, you stayed up with me during my first pregnancy, and ran to the store to get whatever I was craving — even after midnight. That's specific.

Again, draw six squares, and fill them with one teacher, two bosses, two family members, and a friend. Attach a name to each, and list what

they did that you're grateful for. While Ray is taking care of other things here, you work on that, and then we'll come back and talk about it. (break)

All right, we are back with our exercise in gratitude. Did you fill something specific in for each specific person? If not, you can pick up on it later.

Gratitude is a positive feeling we have for others, for what they've done for us and what they've meant to us. Gratitude is also a gift we can give. We don't want to keep it to ourselves. It's best shared with these special people.

Unfortunately, we don't always do that. We think about people from time to time, and these specifics which are important to us, but that's all. We don't take action. Today is about action. If we don't take action and tell people what they did for us and why that matters, time will pass and we may never have the opportunity to say the words that can be joyful and meaningful to someone else.

We get busy with our lives, careers, families, and then we hear that someone who once mattered to us has passed, and we think, "If only I had the chance, I'd have told them how much I appreciated what they did for me."

If a little voice in the back of your mind is saying, "Oh, they know how I feel," don't let that stop you. Most people don't know how we feel. A lot of people go through life giving and giving, and if nobody takes the time to tell them how they feel, these folks may feel unappreciated, perhaps even forgotten.

Here's the rest of your assignment. Whether it's by phone, social media, or some other means, I want you to reach out and find a way to have a phone call with those people on your list who are still living. (Con't.)

Let them know you haven't forgotten them,
and why you'll never forget them.

For the ones who are no longer with us, spend
a few moments and write out those specifics
and how you feel, maybe in that box that
carries their name. Or, maybe in a journal.
Write as long as you need to. When you finish
with the six people listed, add more names if
you like.

Gratitude. Know it, and show it.

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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