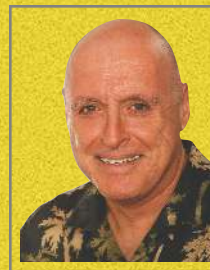


THE EXTRA POINT

BY JERRY ROBERTS



772 Brand New New Year's Resolutions – Part 1

Today, we check in on how you're doing with those New Year's resolutions. "The what," you say? I know, in 98% of households within the sound of my voice, it's a case of long forgotten or never started. However, I am here to refill your resolution reservoir. Oh, happy day! That's next, on The Extra Point.

Most New Year's resolutions last about as long as it takes to say "New Year's resolutions", and I won't blame you if your list never got off the ground. It is my duty as Chief Enlightenment Officer of the Ray Gibson Show, to salvage your year.

We all want to be happy, and Greek philosopher Seneca once came up with a long list of rules for living the good life. Author Ryan Holiday updated them into 100, and I looked this morning, choosing a dozen that I feel could make a difference for you.

We'll talk about these today and tomorrow. To start, I've got three practical things I want you to do, and then a couple more we'll file under attitude.

1. Practice the law of action, not attraction. In the *New Thought* or *New Age* philosophy, the Law of Attraction is the belief that positive or negative thoughts bring positive or negative experiences into a person's life. People and their thoughts are made from "pure energy", and you'll invite into your life the stuff you fill your head with.

The law of *action* is simple. Stop thinking and start doing. If you make it a point to become a person of action, even if that's only a few small steps every day, you'll be amazed at how far down the road you'll be by the end of 2021. Don't think about the future. Don't invite the future. Create the future.

2. Read something every day. On the heels of Mark Twain's quote yesterday, that someone

who doesn't read has no advantage over the person who can't read, I want you to spend at least 15 minutes a day in reading. "Oh, no Jerry, I have no time," you say?

Get serious. Bathroom breaks, work breaks, and lunch breaks. You can find the 15 minutes. Read for improvement, read for fun, and read to be an example to your kids. Maybe they'll become lifelong readers because they see you doing it.

3. Spend more time with older people, particularly those who are 70, 80, and beyond. There is a wealth of knowledge in many, along with a willingness to share. In Guam, we respect our elders, but we don't always have serious conversations with them. We're wrapped up in our own world, and never get much beyond the greeting stage.

In many cases, sitting in front of you is someone who may have enjoyed a full career, may have owned a business, and likely experienced a lot of things you haven't. What can you learn from them? Okay, those are the three practical things. Now, for attitude.

4. Get past the thought that you are the center of the universe. Brace yourself for a shocker. Other than your close family and maybe a significant "other", nobody is thinking much about you, if at all. They're too busy thinking about themselves. Ooh, are you okay?

Get over yourself. Ego is your enemy. Everything isn't about you. It's a huge barrier for many people. Right now, maybe you're bringing up the image of someone in your life who perfectly fits this description.

5. Another Greek, Epictetus, said this: "Whenever you are offended, understand that you are complicit in taking offense." Got that? If you're easily offended, you have to accept some of the responsibility for being offended. (Con't.)

There are people who say and do things that are legitimately offensive. When they do, sometimes we have to talk things over.

However, everything is not cause for a federal case. That's their life and what they know right now. If it's not a serious issue, can we cut someone a little slack and just walk away?

Take a breath and ask yourself, "Do I really *need* to be offended by this."

If it's someone you know, maybe invite them for a coffee and bring it up...carefully, so you don't offend them, of course.

More new New Year's resolutions coming tomorrow. Meanwhile, start working on these today.

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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