

THE EXTRA POINT

BY JERRY ROBERTS



773 Brand New New Year's Resolutions – Part 2

Coming up, the second part of our list of potential new New Year's resolutions, seeing as though you've likely already gotten rid of what you said you were going to do. I'm Jerry Roberts and that's next, on The Extra Point.

New Year's resolutions, rebooted in March? Whoever heard of such a thing? We started this yesterday, and you can download the first part of this conversation at guamtraining.com, Extra Point # 772.

Today, we'll add to the list with two more practical suggestions, plus four more you can file under behavior and attitude.

1. If you haven't got written goals or you haven't looked at them in a while, could you add just two goals to your 2021? A 10-month goal, and another one that might last anywhere from two weeks to three months.

The 10-month goal you'll be working on for the rest of the year, and the other one will be over before you know it. Maybe talk to your employer about the long-range goal. However you put it together, add two goals.

Before I move on, let me say that goals are tough for the majority of people. It's said that no more than three percent of us actually write down the things we say we intend to do, and then stay with the program, and then revise our goals as we go along. Is that incredible? Three percent?

If you can become one of those three percenters, just once, I think you'll always want to be a part that crowd.

2. Keep a collection of the principles, ideas, and philosophies you believe in. Whenever you hear or see something you really like, add to it. I met a guy once who had a beat up three-ring notebook, In fact, he said he had several of them, and had been writing new

things in them for years. This thing was falling apart, but he kept writing in it.

He said he wrote in it every day, and read from it every day. He liked being reminded of what he thought was important. Today, you can do this with an app on your phone. The main thought here is that, with all the distractions of this noisy world, it's good to keep our pulse on who we are and what we believe in.

For me, that's what The Extra Point is all about. Sure, I hope what we talk about has value for everyone. Yet, the person who gets the most out of it is me. I need to be reminded of who I am, and what I believe in. Every day. Okay, the next four ideas are on behavior and attitude.

3. Do your job well, whatever it is. Because how you do anything is how you do everything. If we slack off here, we're likely to slack off there.

What will you compromise on? Will you compromise on the fundamental principles you say you believe in? If so, then what would be safe? If we give our best to our job and career, we'll likely give our best in other areas of life, too.

4. Facts are hard to come by. These days, they all seem to come dressed in a coating of bias. Don't argue with facts just because you don't like them, without first trying to find out if they are true.

5. Focus on what you can control. Worrying yourself sick about the stuff you can't control isn't a good strategy for a career, or a life.

6. Go a step farther today than you've ever gone before. It could be in a work project. It could be a fitness goal. Maybe it's in a relationship.

(Con't.)

What one step, one step farther, could you take today, that would change things? Just one step.

Take action on the things we've talked about, and 2021 will be a better year than you can imagine.

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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