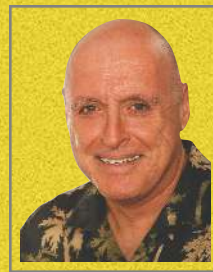


# THE EXTRA POINT

BY JERRY ROBERTS



## # 861 Can You Really Make Progress in 90 Seconds? — Part 1

Can you make a serious life change in 90 seconds? Ninety seconds? I'm Jerry Roberts, and we'll find out. next, on The Extra Point.

I came across an article online at CEO World, written by a lady named Kate Christie. It was about goals and productivity, and well, I've read so many of those that I almost clicked out of it. I scanned for a few seconds and saw her referencing Sir Isaac Newton and his laws of motion. That's a bit different, so I kept reading.

Christie first discussed the concept of a "moment" as a unit of time. Perhaps you use that word, such as when you're involved in an activity and someone comes to your desk to ask a question, and you say, "One moment please."

She wrote that the word 'moment' first appeared in the 8th century when St. Bede the Venerable recorded that each hour is divided into 4 quarter hours; or 10 minutiae of six minutes each; or 40 momenta, which represented 90 seconds of time.

A moment is also a unit of force. When you push open a door, it rotates around its hinges. This rotation is called a "moment" of force. So, what could be done with 90 seconds and a little force, or action? Could you set a goal and set out to achieve it in increments of 90 seconds?

If so, what kind of goal could that be? A big, hairy goal, as we've talked about before. Or, would this be a small, fuzzy goal?

Too often, our big and hairy goals get thrown off the tracks. Life gets in the way, or more often than not, we sabotage them ourselves.

This snaps us back to reality and we put that big idea, dream, or goal on permanent hold because...well, because it is just too big, too hard, and too massive to possibly execute.

Would we have the same experience with a smaller goal? I wanted to see if I could plan the whole thing in, say, 90 seconds.

Step 1: I made it about exercise, which I can't seem to fit into my schedule.

Christie said it's hard to get motivated, and here's where she brought in Sir Newton. In 1687, Isaac Newton published his Three Laws of Motion. The first law is the law of inertia, which states that an object at rest stays at rest. I knew I had to get moving. I saw a series of short exercises, all done in a minute and a half. This took 10 seconds.

Step 2: Know that I would resist. Newton's second law of motion states that the rate of change of momentum in an object is directly proportional to the force applied to it. I wanted momentum, but my brain would fight against it, doing anything it could to stop me from applying that force.

Something would get in the way. A lack of confidence, lack of energy, worry over a project that was due, couldn't spare the time, and on it goes. I'll slow down, then give up. Game over. I recognized the resistance factors. It took 20 seconds.

Step 3: Identify core values. Isaac Newton's third law says that for every action there is an equal and opposite reaction. Now that I knew how I would try to sabotage my goal, what could I do to counter that? By coming up with reasons that were stronger than the resistance.

In 20 seconds I identified that I want to be productive. I want to be productive for my family, for my clients, for the listeners here on The Point, for the readers of the Guam Daily Post — and for myself. I want to see myself as someone who adds value to others, and I want to feed that self-image.

(Con't.)

The question now is what would I do? What exercises would I choose? When would I start? Could I do it at a client's workplace? So many questions, and only 40 seconds left to construct the plan.

The answer is coming...coming Monday, in part two of *Can you really make progress in 90 seconds?*

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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