

THE EXTRA POINT

BY JERRY ROBERTS



862 Can You Really Make Progress in 90 Seconds? — Part 2

Can you make a serious life change in 90 seconds? Ninety seconds? I'm Jerry Roberts, and today, part two of our quest to find out. That's next, on The Extra Point.

On Friday, I mentioned an article I read that framed time in terms of "moments." In this case, a moment was 90-seconds long. What could I accomplish in 90 seconds that would be worthwhile? Could I go after a significant goal, the type I've called "big, hairy goals"? Or, would such a short time increment require me to be less ambitious, constructing small and "fuzzy" goals instead?

I wanted to see if I could plan the whole thing out in, yes, 90 seconds. The first step was deciding on exercise. That took under 10 seconds. Step two was realizing I would come up with reasons why I couldn't do it. Step three was overcoming the negativity with reasons why I could and should do it.

Now, I got specific in step five. I wanted to exercise the major muscle groups without changing clothes, and right in the middle of my productive work time. A lot of this workout time would be at the companies I visit with in my training work.

Conditions could vary. I might have a very small space to move around in, and some might have items available that I could use to assist certain movements.

The whole process went from an idea to a decision that I could do it, and would do it, in just about 90 seconds. That energized me. The next morning, on the client's premises, I would start.

It was a very small space, but large enough to conduct coaching interviews with the team's managers. Each interview would last one hour, and if I had a few minutes between one ending and the next one beginning, I could do an

exercise. I would do six in all, 90 seconds each.

The first was a plank, which requires you to get to the floor. I've planked for far longer than 90 seconds, so this was relatively easy. Ninety seconds. Done. On to the interview.

It ran long, so there was no item to exercise before the next one began. However, this one ended a few minutes early, so I doubled up on the exercises. Ninety seconds of squats. I didn't have anything to hold to add extra weight, so it was just my body weight. Ninety seconds. Done. Then, standing push-ups, using a chair I shoved up against the wall. Ninety seconds. Done. Interview started.

So far, so good. The first three exercises went okay. However, I hit a snag on the next three.

I tried to put a chair over my head to do a should movement. I quickly realized I couldn't grip it well enough, so that could lead to a loud and embarrassing crash, so I cancelled that one. I also didn't have room to do a leg-lift ab exercise I like to do. Scratch that one. Finally, I had nothing to do a bicep curl with. So, none of those panned out as I'd hoped.

What would I do? Was the goal out of range for me? Was this whole thing over before it really started?

No. I grabbed some resistance bands I have. That would make both the shoulder movement and the bicep curl possible, plus other things.

I'm back into the interviews this morning, so we'll see how these toys will help. Will they allow me to do more of those 90-second exercises, and successfully get a workout during the day and on somebody else's turf? I'll know soon.

(Con't.)

Overall, I can see how the 90-second “moment” can work. It might be necessary to make adjustments along the way, but it can be done.

I put things in motion when I:

1. Made the decision to do something positive.
2. Identified what my brain would throw in my way.
3. Then identified the values I have that would knock that resistance out of the way.
4. Wrote my goal down, with the steps I would take.
5. Took the first small action to get the ball rolling, to build momentum.

I’ve been able to prove to myself that neither time, space, or location should derail my desire to effect change. It can take just 90 seconds.

It’s just a “moment in time,” but maybe it can be life changing, even if just in a small way.

Want change in your life? What can you do 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.
###

For information on training and consulting services with Jerry Roberts, please click this link: guamtraining.com

