

THE EXTRA POINT

BY JERRY ROBERTS



969 Lessons We Can Learn From Stoics – Part 2

If you could sit down with a Stoic and gain the benefit of their wisdom, what wisdom might you come away with? I'm Jerry Roberts, and let's dig into that, today, on The Extra Point.

Stoicism is a school of philosophy that was established in Ancient Greece and Rome in the early parts of the 3rd century, BC.

Stoics focus on positives, downplay negatives, and have a very clear picture of "the good life."

A stoic is almost certainly direct in their method of communicating. You won't have to guess their meaning. You'll get it right away.

Last week we gave seven nuggets of advice in Extra Point #964, which you can download from guamtraining.com. Today, eight more you might get from a dialed-in stoic.

8. We have two ears and one mouth for a reason. Use them accordingly. My mother first drilled this advice home, and I've heard it many times since. Stoics clearly understood the value of actively listening to others. Everybody needs to be better at this.

9. Don't compare yourself to others. It will end up making you very unhappy. There will always be somebody richer, smarter, better looking, and more.

Yet, too many of us have our eyes on what the next person has, whether it's their house, car, size of their TV, or do they have the coolest new phone?

Maybe they attended a more prestigious college, have a fancier degree, a snazzy office, and you fill in the blanks. Envy very often knows no bounds.

The best advice is to just not sweat over others and what they have. It robs us of being grateful for the blessings we have in our lives.

10. Don't follow the mob. Mobs are controlled by a few people, and exhibit what is known as "groupthink." Those people who influence the mob end up doing all the thinking, and the majority of people just go along with what they say – often without giving much thought to it. The last 20 months have been a prime example of how dangerous this is.

11. Don't be afraid to ask for help. Never be afraid to ask for help.

12. Focus on the process, not the outcome. If the process is solid, the outcome should take care of itself. If you only look at the bottom line, you may miss when the process gets out of whack. By the time it reflects on the bottom line, that may be too late.

13. Associate only with people who make you better. The people you spend time with either lift you up, or drag you down. You don't have to be a genius to know the answer here.

14. Accept success without arrogance, and handle failure with indifference. Be humble when you win. When you don't, figure out why and move on.

15. The ego is the enemy. No further explanation is necessary.

There's a lot we can learn from the Stoics. You're probably already using a great deal of their wisdom. Keep it up.

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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