

The Extra Point

BY JERRY ROBERTS



1035 Ways to Slightly Improve Your Life Without Really Trying

Yesterday, Ray sent me a link to a story by a British newspaper, The Guardian, and it listed 100 ways to slightly improve your life without really trying. I carved out some to share today. I'm Jerry Roberts and that's next, on The Extra Point.

English newspaper The Guardian tossed out 100 ideas on how to improve life a little bit here and there. Here's a bunch that caught my eye.

1. If you're on the fence about a purchase, wait 72 hours before you move forward. After that time, if you still want it, do the deal. My mom first told me this in my teens.
2. Everyone has an emotional blind spot when they argue. Figure out what yours is, and remember it. Better yet, study emotional intelligence and avoid the argument.
3. Send a voice note instead of a text. Or, use a voice note with a text. WhatsApp and other platforms offer audio. It's worth trying out.
4. Bring ice to parties. Nobody turns down ice.
5. Want to get more done? Try the Pomodoro technique. It's 25 minutes on, uninterrupted, a five-minute break, and then you repeat the cycle. A few of these each day and you'll be a productivity star.
6. Keep your children's drawings and paintings, especially the early ones. Put the best ones in frames. It's a constant positive stroke for your kid, every time they see it.
7. Set aside 10 minutes a day to do something you really enjoy. Make it 30 minutes if you can. This is "me time," and you need to do it.
8. Be polite to rude strangers. The Guardian called it "oddly thrilling." Maybe. Another reason is that you might change their mood.
9. Go for a walk without your phone. Most of us feel naked without it. Can you go out alone — without your phone?
10. Stretch in the morning. And maybe in the evening. Watch your dog or cat. They stretch when getting up. It feels good and sends blood to the muscles.
11. Buy a plant. Think you'll kill it? Buy a fake one.
12. Don't have Twitter on your phone. Better yet, don't have Twitter anywhere.
13. If you find an item of clothing you love and are certain you will wear forever, buy three. You may never see it again anywhere and you'll cry big tears the day you have to get rid of it and can't get another one.
14. Call an old friend out of the blue. We've talked about this. Do it today.
15. Think about your posture, don't slouch. What did your parents and grandparents tell you? "Sit up straight, Ray."
16. Teachers also told us that. Reach out and thank a teacher who changed your life. One day you may want to do that, and they'll be gone.
17. Respect your youngsters. Were you expecting "elders"? We need to respect both. People in the Boomer and Gen X groups need to make connections with those coming up behind us.
18. Keep your keys in the same place...and ask your significant other to never move them.
19. Nap. Just do it.

(Con't.)

20. Learn how to breathe deeply. in through the nose, out through the mouth, making the exhale longer than the inhale.

21. If in doubt, add cheese. Do you recall the days when we worried if our dog was getting enough cheese?

22. Don't look at your phone at dinner. This is torture for some people. Absolute torture.

23. Give compliments widely and freely. It costs you nothing and may mean everything.

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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