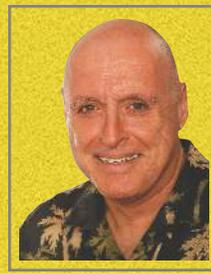


THE EXTRA POINT

BY JERRY ROBERTS



1056 A Checkup From the Neck Up

Every once in a while, I think it's extremely valuable to stop and take a look at what you're doing, how you're doing it, and the results you're getting — then make adjustments. It's called "a checkup from the neck up," and I'll talk about that, next on The Extra Point.

It's a simple concept. Look at yourself on a regular basis and see where you are, "a checkup from the neck up." It's not original with me. I got it from my old friend, well known Guam businessman and civic leader, Carl Peterson.

I'm a big believer in continual personal growth and development. I believe in working steadily and intentionally to improve. We need to put in the work required to move the needle.

That said, like everybody else, I backslide and lose ground. I hate to admit it, but I don't do what I know I need to do, every day.

One thing I strive to do is to get better at my profession as a consultant and trainer, to dig in deeper on the topics of interest and value to my clients. I challenge what I know every day with different voices, sometimes looking for small tweaks and sometimes seeking major breakthroughs. They're out there.

I'll read thousands of words today, in the hopes that I'll be more valuable for my clients tomorrow. I think that's the right approach.

In the last couple of months I've dropped about seven pounds. I've eliminated almost all refined sugar, as well as bread. I've been just about begging the local grocery managers to bring in a great low-carb bread, but so far it hasn't happened.

Another thing I'm happy with is adding a cold shower again to my routine. For the past three weeks I've gone back to finishing off my shower with water as cold as I can make it.

I am absolutely convinced that the cold water, plus going low-carb, especially knocking out the sugar, has resulted in an upswing in my overall productivity.

So, my knowledge input is where I want it to be, at least for now. My food grade is good. Not as good as it could be, but better than it was. I'll round out the positives with clearer thinking and more production, with cleaner eating and colder showers.

Okay, now for the other side of the story.

I'm not exercising as I should, and I'm not getting the sleep I need. I'm convinced that the two factors are tied together.

I've been working on a couple of projects that I believe will lead to good things down the road, but I've sacrificed two important health factors in the pursuit of them.

I should be getting a minimum of seven hours of sleep each night. I haven't had more than six any night for the past month, and it's been closer to five on many nights. That's just not healthy.

I believe the lack of sleep leads to a lack of desire to exercise, and this is another area I have to address. So, what to do?

This little checkup has reminded me that goals are great, but minding the process is the key to achieving them.

I can't worry about tomorrow, only today. That is about minding the process. Matthew 6:34 in the New Living Translation, states: "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

(Con't.)

I want to stop my writing and reading earlier each night, then get to bed earlier, and rise earlier. I want to get back to seven hours of sleep, and I want exercise back in my life.

Imagining it won't make it happen, only committing to the process will.

If you're struggling with the same kind of issues I am, take Carl Peterson's advice and make time for a "checkup from the neck up," then figure out what's working and what's not.

Decide what process will get you where you want to be, and do what you know you need to do.

You can do it.

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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