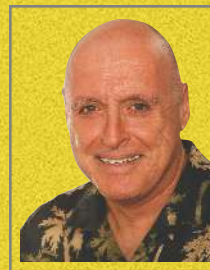


THE EXTRA POINT

BY JERRY ROBERTS



1074 Five Things to Feed Your Head Today

Philosophy. Mindset. Focus. The stuff that's in your head and my head, that drives our actions and in large part determines our happiness.

I'm Jerry Roberts, and today I've got thoughts that I think will help with that. It's coming next, on The Extra Point.

Some people find themselves unhappy with their life, because it doesn't measure up to what they thought it was going to be. You hear it, "Life is just soooo unfair!"

I was reading on this recently, and the writer was summarizing key points from a book she had recently gone through. Here are the main highlights:

1. Stop comparing your life to others. I could have done this. I grew up poor. When my mom could work, we would be the working poor. When she couldn't any longer, we were welfare recipients. There was no money for extras.

Back then, we always lived in tiny apartments and drove old, old cars. That's all we could do. It didn't escape my attention that many of my friends lived in nice houses, drove newer cars, and wore better clothes.

In my world, however, everything always evened out when I got on a baseball diamond. We all wore the same jersey, used the same bats, and tossed around the same ball.

I never really compared my life to anyone else's until the day I discovered I couldn't sign up for kids' senior league baseball. My feet had grown and I needed new baseball spikes, and my mom told me she didn't have the cash for the registration fee and the shoes.

The season was set to start in a few days and there was no way to scratch together that much money. I was done with baseball. I admit that I certainly did compare my life to others *that day*, and I think that was the last time.

I don't care what you or anybody else has. I'd just like to have some for me and my family.

Someone once told me that a big part of being happy was understanding the word "enough." If whatever you have is *enough* for today, then you're okay. When the sun comes up in the morning tomorrow, it's okay to strive for more.

2. Avoid "Fitting in" or conforming to being average. If *fitting in* is a term to describe respect for others, then fine. If it's about displaying talent, you were born one-of-a-kind, and you've got unique abilities that differentiate you from everyone else. Go with that. Strengthen your strengths, and become known for them.

3. Helping someone else takes your mind off your troubles. There's a million ways to do something nice for somebody. Are there any kids or any older people who can benefit from your time and experience? Opportunities to help are endless, if we just look.

4. What you want in life doesn't matter if you don't do anything besides "want." It's in every training class I lead. Take action. *More* has a price tag. That may come in the form of study, experience, sweat, a second job or side hustle, or any number of other things. Take action, and pay the price for what you say you want.

5. Be grateful for who you are and whatever you have. Further, be grateful for every person in your life who paid a price to get you here.

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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