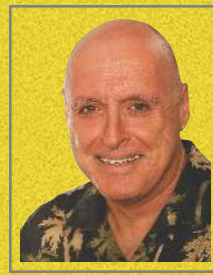


THE EXTRA POINT

BY JERRY ROBERTS



1090 The Pain of Sacrifice vs. The Pain of Regret

I want to talk about pain today. It's a topic that almost all of us wish to avoid at all costs. We don't want pain in general, and that can cost us big in the long run. I'm Jerry Roberts and that's next, on The Extra Point.

Have you ever heard the statement, "The pain of sacrifice is temporary. The pain of regret is forever"?

I don't remember who said it to me first, but I know it didn't mean much until years later when I read a study done on senior citizens who were evaluating their lives.

There were some regrets over choices they had made. You know, relationships that had gone wrong are a lot of that.

However, far and away the most significant regrets were not the choices they made, but instead the choices they never made.

The jobs they didn't try for, the projects they didn't attempt, the business they never opened, the girl or guy they never asked out for a date, the trips they never took — in short, the opportunities in life they backed away from and never went after.

I've since watched documentaries on the same subject, and you can see the visible pain in the eyes of those who are once again reliving their mistakes — of reaching a fork in their road and taking the safe path, the regular path, the easy one. Reliving the regret, now coupled with the realization that there's no time for a do-over. That regret will never go away.

Is being a manager hard? Yes. Is starting a business and making it successful hard? Yes. Travel is expensive. Asking somebody out is risky, and they might say "no." Well, there is risk and cost associated with everything, and there is pain. Newsflash — people who have had great success have likely suffered much

more pain and sacrifice than those who have backed away from all-out going for it.

Know this, the pain of giving all you've got and coming up short isn't the same as never having tried. Hey, I never liked losing, but I learned from that and it helped me later on.

Some of the costs and risks are financial, some are emotional, and nobody wins them all. And that's good news, because you don't have to win them all.

Life is full of challenges, both external and internal. Whatever your dream is, whatever you're after, you're going to get pushed, pulled, stepped on, backstabbed, and have your heart broken. The question is, when the pain of all that is too much for others and they give up, will you still be there? Will you see obstacles as temporary or permanent? Will the pain drive you away, or drive you forward?

Will someone's opinions of you hold you back? Don't ever let anybody tell you what you're not capable of. Only you get to decide that.

I don't know what you want to accomplish, but I do know you're only a decision away from it.

Whatever risk there is, you can face it. Whatever pain there is, you can bear it. Whatever cost there is, you can pay it.

Because all of that will pale in comparison to reaching the end of your time, uttering the saddest words one can say — "If only," "what might have been," and "coulda, woulda, shoulda."

Not ready to take a huge leap in the direction of your dream? That's fine, take a small step. Tomorrow, take another one. Every step gets you closer. What step will you take today?

(Con't.)

A lot of people have changed not only their lives but the lives of others — and some have changed the world — through commitment and steady progress.

Every story is unique. What's your story going to be?

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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