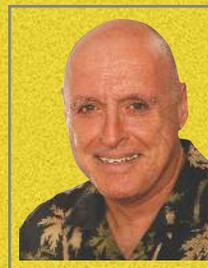


# THE EXTRA POINT

BY JERRY ROBERTS



## # 1133 Small Changes Can Make a Big Difference

What if you can make a number of small changes in your life and routine, that just might make a big change for you? Is the thought intriguing enough to consider it? I'm Jerry Roberts, and we'll offer up some potential itty bitty adjustments you could make, next, on The Extra Point.

Small changes, little things we can do to enhance our lives. Could a serious of little adjustments, some things to add or increase, and some things to decrease or eliminate. Are you ready to dig in?

1. Donate a bag of clothes that you haven't worn in a long time. Pull them off hangers and out of drawers. Most people have clothing they no longer use and somebody else could. Do you?

2. At work, at school, at the retirement center, wherever you spend time, do something nice for someone. What could that be? Look around, you'll find it.

3. "Eat the frog" the first chance you get. That phrase means that we do the hard stuff first, or things that we dread, or that scare us. Get them out of the way before we get involved with other things.

4. If you're employed, make a small shift in your job that will advance your career.

5. If you don't do it now, make your bed as soon as you climb out of it.

6. Drink one to two glasses of water before every meal. Most of us take in far less water than we should. A glass or two before meals will help us eat less, if that's a goal. More than that, we'll do a lot better job of staying hydrated.

7. Your choice, stay off of one social media account for 30 days; or the second option, delete the account altogether. Can you do it?

8. Back up your phone. Then, delete almost all of what you backed up, and your phone will have plenty of room.

9. Once an hour, get up from your desk and computer, and stretch for a minute or two. Practice deep breathing along with this. Take in a long and full breath, hold it for 10 seconds or longer, then exhale. Do it 5-10 times. This entire set will take no more than three minutes.

10. No time to read? Choose a book and take it into the restroom with you, both at home and at work. Whether you're in there for a couple of minutes or longer, you'll be amazed how quickly you can get through the book.

11. Go to bed 15 minutes earlier than usual. Work up to 30 minutes and then to an hour. You'll add valuable rest to your schedule, and be healthier for the long term.

12. Learn to make one new meal per month. Pick your favorite kinds of food, shop for the ingredients, and then give it a try. After a year, you'll have a dozen recipes that you enjoy and can make any time.

13. The next time you attend a networking function, introduce yourself to others before they introduce themselves to you.

Go through the list at your own pace, add things and delete others. The key here is that small changes can lead to big improvements.

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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