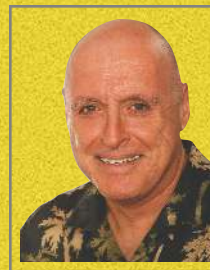


# THE EXTRA POINT

BY JERRY ROBERTS



## # 1136 What Everybody Should Know Before 30 — Part 2

More today about what a person should know by the time they reach 30. Yesterday, the focus was on job and career. Today, we look at the personal side. I'm Jerry Roberts and again, we'll see how you stack up, next, on The Extra Point.

Yesterday, we discussed 10 things a person arriving at the age of 30 should know, per the opinion of a 30+ author I came across. We did the career part, and now we'll dig into the personal category, with a little more on career tossed in.

1. When you're young you want material things. Friends and family become more important as we get older. It may seem strange now, but there will likely come a time when what you can buy will take on less importance, and the people in your life become all-important.

2. Habits are hard to break, especially those that are destructive. We may not notice the impact right away, but it will eventually be clear what we have allowed to happen.

3. You don't have to be your own boss to be successful in life. Relatively few people are cut out to be business owners. The risk, stress, managing employees, and a flurry of details just isn't a life they want. The good news is that working for someone else — if you do it right — can earn you a good living, a sense of achievement, and fulfillment of your purpose.

If you want to have some of both, figure out a good side hustle you'll enjoy.

4. If it's worth having it requires a long-term commitment. Love, true friendships, a career. There's no shortcuts in any of those.

5. *Fake it 'til you make it* is usually terrible advice. If it involves actions driven due to feelings of inadequacy, that's a negative. If it pushes you to gain specific skills or achieve a

worthwhile goal, that might be different.

In general, it puts us in a position to be less than honest, and if the truth comes to light, embarrassment may follow, and relationships can be lost.

6. Confidence comes from within us. It's great to have a boss tell us how much he/she feels good about our work. Praise is wonderful. That said, when we believe in ourselves, it is transformational — and the world sees us differently.

7. Just because people use big words doesn't always mean they know what they're talking about. Even if they do, I'm always much more impressed when I hear someone explain a complicated issue in very simple terms.

From the standpoint of making a presentation, the more people who understand what I'm saying, the better off I am.

8. The people we spend the most time with will, in large part, determine our success. Are we better off for having those relationships, or are we being dragged down by them? Cutting off or minimizing unproductive relationships is one of the hardest things we'll ever have to do.

9. Today matters. This is so hard for young people to focus on. Too often, the prevailing attitude is it's okay to put things off until the next day, next week, etc.

If we could focus on each day, gaining and giving value, achieving goals would never be an issue. Growth would almost be guaranteed.

10. Time is our most precious asset. Similar to the last item, it's a real challenge for youth to embrace this. They don't yet hear the clock ticking, reminding them that the day they just spent is one they won't get back.

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Like yesterday, I had a reasonable awareness of some of these 10 things people should know before they're 30, but not all.

It would be interesting to provide the lists of the past two days to people in their 30s and 20s, and see how they feel about this exercise.

How did you do?

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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