

THE EXTRA POINT

BY JERRY ROBERTS



1227 Random Lessons Picked Up Along the Way — Part 2

His name is Nick Loper, and he runs a website known as sidehustlenation.com, specializing in helping employed people to get involved in secondary ways of making money. As he hit his 40th birthday, Loper began thinking about what key life lessons had learned. I'm Jerry Roberts, we listed several of those lessons yesterday, and part two is next, on The Extra Point.

When Loper hit the Big Four-Oh, he sat down and wrote about specific things he'd learned in life. If you missed part one yesterday, it can be downloaded in transcript form, #1226, from guamtraining.com

We'll start today with another lesson for young folks. Loper said, "*No one else is going to do it for you.*"

This is often a shock to youngsters. For most of their life, if not all, they've had just about everything done for them. Paying bills, buying groceries, cooking, cleaning, and all the other details of life can be overwhelming when people first head out on their own.

This also ties into holding down a job. Now there's a manager who has expectations of a worker's performance, and they have to live up to that.

Next, Loper said: "*It's OK to not know what you want to be when you grow up.*" I'm so glad he added this one, because I'm still working on that. How about you? So far, I've four major career changes. Broadcasting, to owning a company that produced special events; then magazine publishing; and finally to the training business. I think I've settled on what I want to do, but I likely won't know — until I grow up.

More from Loper's list of key lessons learned by age 40, and this one is a beauty. "*Simplicity is the ultimate sophistication.*" Leonardo da Vinci said that. Almost all of us make things far more complicated that they need to be.

Newsflash: Making something more complex doesn't necessarily make it better. I wasted so much time chasing perfection, then adding stuff to things when they didn't need anything added to them. It's worth repeating...simplicity is the ultimate sophistication.

Here's another one. Loper said: "*Happiness = Meaningful Work + Meaningful Relationships + Sense of Progress.*" Do work that provides value for someone. Be involved in relationships that matter, and that get under the surface level. Then, be moving forward in life, whatever that means to you. Loper said that if someone is unhappy, it's likely that at least one of those elements is missing.

The last one on Loper's list is, "*Luxury is feeling unrushed.*" True luxury has little to do with designer brands or other pricey things. It's not the first-class lifestyle that the media presents to us as the best of life.

Luxury is time freedom, being relaxed, and having the ability to go through a day any way we want.

We work, we have kids, and the demands on our time seemingly never ends. When we do get a chance to have some "me time," we really understand what luxury is all about.

Question. What would you add to the list? If you're 40 or over, what lessons did you learn by the time you reached the four-oh? If you're not yet there, what lessons have you picked up that can add to the conversation?

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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