

# THE EXTRA POINT

BY JERRY ROBERTS



## # 1235 Believe You Can Figure Things Out — Part 2

Do you have the confidence that you can figure out solutions to the problems work and life throw at you? Do you know anyone who doesn't have that confidence? I've got more today on how to get the right mindset to take on challenges. I'm Jerry Roberts, and that's next on The Extra Point.

Yesterday, we spoke about the book, *Everything is Figureoutable* by Marie Forleo. Forleo wrote the book in honor of her mother, a woman she claims was never deterred by the challenges of life. She had the stuff to take them on.

In Extra Point #1234, which you can download from [guamtraining.com](http://guamtraining.com), we led off with the principles of:

- Belief that you can figure things out
- The importance of breaking problems into easily manageable chunks
- Taking action (always taking action)
- Seek resources and people who can help. Never be afraid to ask for help.
- Experiment when you can. Breakthroughs may come.
- Accept calculated risks
- Be patient. Give solutions the time they need.

Today, I want to add Forleo's advice to let go of perfectionism. I've preached this for years in this space, because I'm a recovering perfectionist.

Don't set impossibly high standards or be overly critical when these standards are not met.

This doesn't mean it's okay to do substandard work and pass it off as acceptable. The goal is still to give an employer or customer great value. Just don't be irrational about it.

Forleo also takes the stance that we should embrace uncertainty. This is a tough one for a lot of people. Uncertainty is a part of life, yes, but it can be scary and uncomfortable.

When we embrace uncertainty, we open the door to new possibilities and experiences, but sometimes we prefer to approach this aspect of life with the training wheels still on.

It's not that this is wrong, but it can hold us back from major progress. At some point, we need to go off on our own without support, even if we're wobbly at first. Believe you can.

Another principle from Forleo's book is the importance of self-care. In order to be able to figure things out and take action, we need to be physically, mentally, and emotionally healthy. You might want to add spiritually to that list as well.

Get enough sleep, eat well, exercise, pray, meditate, learn to relax and de-stress. So few people focus on these things as fundamental building blocks of life.

There's one more. Finding joy in the journey. So many of us have a tendency to push happiness and fulfillment off into the future. When they get their degree, find the perfect job, buy a fancy house or luxury car — then they'll be happy. That kind of happiness is not what lasts. Why wait to be happy?

We need to enjoy the ride, not just be pleased with arriving at the destination.

When we learn that we are capable of solving and riding out the issues of life, and when we can appreciate our experiences, and all the twists and turns in our path — then we can be fulfilled, and be at peace with the results.

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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