

# THE EXTRA POINT

BY JERRY ROBERTS



## # 1248 25 Things You Should Do Today

Are you busy today? Got a lot going on? Would it be okay with you if I added just 25 things to your schedule? I'm Jerry Roberts, pull out your calendars and prepare to get busy, next on The Extra Point.

Okay, I'm not asking you to rearrange your entire schedule for me. I just want to add 25 things to whatever else you had planned for today. How hard is that?

What's this all about. INC magazine came out with an article entitled *101 Very Simple Habits That Will Improve Your Life Today*. Are they kidding — 101?

So, I went through the list and pulled out what I feel are the best 23, then added a couple, and I know you will have a great day if you do everything I'm going to ask you to do.

By the way, don't worry about writing fast. Just go to [guamtraining.com](http://guamtraining.com) and download transcript #1248.

- All right, here we go. The 25 things I want you to do today.
- Today, give a smile to everyone you meet, before you greet them. Smile first, then greet.
- Pick up a piece of garbage that you didn't leave.
- Clean up one small thing you might otherwise have overlooked.
- Drink a glass of water before you eat or drink anything else.
- Write down the names of every new person you met during the last 24 hours that you can remember, and one thing to remember about them if you meet again.
- Find a way to introduce yourself to a neighbor you don't know.

- Think of the annoying thing you don't want to do today. Then just do it and be done with it.
- Get rid of socks that don't have a mate.
- If you have kids, say yes to the first thing they ask you to do today (assuming it's not crazy or unsafe).
- Cancel a subscription you don't use.
- Learn a phrase in another language.
- Drink another glass of water.
- Tell someone they said something that changed your life.
- Pray
- Pay someone an unexpected compliment.
- Look for chances to say "thank you."
- Track how much you sleep.
- Change your pillow case.
- Get rid of that really old underwear.
- Sing. You can do it in the shower or while driving alone if you're shy.
- Encourage a child.
- Seek out one person who seems in a bad mood and smile or do or say something nice to them.
- Plan a side hustle. Go online. You'll find tons of ideas.
- Drink more water.
- Hug the people you care about. Let them know. (Con't.)

There you go. I promise that if you download the transcript, #1248, and get going with this, you can get all of it done and still do what you had otherwise planned.

You will feel great, and a whole bunch of other people will feel great, too, because you did.

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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