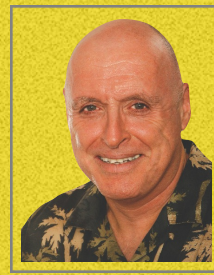


THE EXTRA POINT

BY JERRY ROBERTS



1288 Is Friction Keeping You From What You Want — Part 1?

If you're having trouble achieving your goals and I said that a big part of the problem was friction, what would you think? Friction? I'm Jerry Roberts and we'll explain, next on The Extra Point.

When you look up the definition of friction, you see words like "conflict" and "resistance." If you think of that in terms of getting things done and achieving goals, you can see how resistance, obstacles, and difficulties can make pursuing goals much more challenging.

Friction, therefore, can certainly play a role in determining whether or not you make your goals. Friction can refer to anything life puts in your way during the pursuit of your goals.

Let's throw some examples out. If you have a job that requires long hours and leaves you exhausted, it may be harder to find the time and energy to work on personal projects or pursue hobbies.

Similarly, financial difficulties or health issues can create additional barriers which get between us and our goals.

Time constraints, financial limitations, and health concerns are certainly difficult to deal with. The friction list doesn't end with those.

Next we have demands of family and personal life, which can leave little time for pursuing personal goals.

Procrastination is another one that impacts a lot of people. Procrastination is a form of friction that can prevent us from achieving our goals by delaying action. This can happen due to fear, lack of motivation, or sometimes, just not knowing where to start.

While procrastination is an issue for most of us, distractions get us all. We are constantly bombarded with data, plus people making demands on our time. Those people usually include our boss, coworkers, friends, family,

social media, notifications, and other forms of interruptions that can make it difficult to keep our focus on whatever it is that we say we want.

Our own negative self-talk can be another form of friction that can prevent us from achieving goals. It's that little voice inside our head that says things like, "What is your problem, Jerry, you've done this a hundred times. How could you screw it up when you really had to have it?"

Or, "Man, give it up, you're not good enough. it's not meant to be. You tried and you can't make it. Stop embarrassing yourself. Stick with what you know. Stay in your lane."

How many people have had that inner voice talk them out of what they know they were meant to do, and to be?

Another significant form of friction is our own lack of accountability. Let's be straight here, many of us will give ourselves the easy way out, accepting the excuses that same little voice offers up for why we didn't do what we knew was necessary.

People who can't hold themselves to a certain standard need someone to do that for them. Lack of accountability applies friction and slows us down.

Today, we've identified what friction is in terms of us hitting our goals, plus examples of the friction that gets in our way. Tomorrow, how to reduce or eliminate our friction and reach the destination we're after.

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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