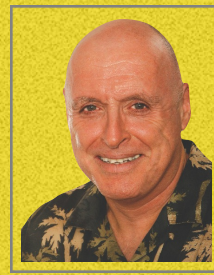


# THE EXTRA POINT

BY JERRY ROBERTS



## # 1289 Is Friction Keeping You From What You Want — Part 2?

Yesterday, we talked about how “friction” can get in the way of us achieving our goals. I’m Jerry Roberts and today, we’ll explain how to turn things around and eliminate friction as a roadblock to progress. That’s coming next, on The Extra Point.

Friction, defined here as resistance, can throw us off the track in the pursuit of our goals. Some of the common forms of friction follow.

Being overworked and having a lack of time, family demands, financial problems, health issues, negative self-talk, procrastination, distractions, and lack of accountability. That’s a formidable list.

Before we talk about how to overcome the friction in our lives, if you’d like the transcript for yesterday’s commentary, #1288, go to [guamtraining.com](http://guamtraining.com), click “XP” on the top menu bar once there, and you can download it.

Let’s talk about reducing or even eliminating the friction that holds us back, clearing the way to make progress.

The first thing is adding valuable time back into the mix. Is there a way you can massage your schedule or workload to free up time? How about the family demands on your time? Can you get help from your significant other, or kids, to pitch in, at least for a while? You can return the favor later. As much as you can, negotiate to free up time.

Next, get a solid plan in place. Even though you may feel you can just “wing it” without any planning, it is rarely the most efficient method.

If you’ve got a plan and the goals laid out, break them into smaller chunks. Big goals may look like a huge mountain to climb. Going after a chunk is less overwhelming. As you complete a few chunks, you begin to develop the “M” word that every goal seeker needs in order to succeed — momentum. This momentum gives us greater motivation, and that reinforces the

right mindset. That proper mindset will combat any urges to procrastinate, and will help shield us from distractions.

Momentum that leads to the right mindset also will quiet the inner voice that tries to sabotage us at every turn, and will remind us of the need to step up and be accountable to ourselves, as well as anyone else.

There are two other types of friction that we mentioned yesterday, that may still be in the way of success — health issues and financial troubles.

Some people have dreams that need money. Without it, certain dreams are often out of reach. Often, but not always. Someone who has an idea for a business might be able to start it as a side hustle, growing it slower than they want, but at least it will be growing.

Or, maybe there’s someone in the market who is already doing what you want to do, but their business has stalled. Would a partnership be possible? Sometimes, all you need is to get together with someone who shares your dream. Partnerships can be tricky, but maybe that’s better than giving up.

I won’t minimize health problems. Statistics tell us that the majority of Guam’s citizens are dealing with health concerns of one kind or another. Some are caused by lifestyle choices, and others are genetic. You can do everything else right and health issues can still hold you back.

Still, there are people who have succeeded in the face of serious health matters. They would not be deterred. Their mindset would not allow it. It’s a tough call.

If this topic is relevant for you, here’s where to start. Download this transcript, too, #1289. Work up your anti-friction plan. Then, stay organized, because organization is the enemy of friction. (Con’t.)

Work your goals plan, one chunk at a time, and build that momentum. As you do and the momentum increases, it all becomes easier and you're going to be hard to stop.

One more thing. Celebrate your successes along the way, no matter how small they may be, and use them to fuel your progress.

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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