

THE EXTRA POINT

BY JERRY ROBERTS



1517 Monday is a Day for Answering Questions

It's Monday and a high performer like you should be asking yourself some very key questions. What are they? I'm Jerry Roberts, and I'll have them for you next, on The Extra Point.

I've had bosses tell me how important Monday is. I've had leadership experts and so-called gurus tell me that Monday is the day that will make or break my week.

Therefore, the pressure is on. If I don't score on Monday, then I'll be playing catchup the rest of the week. Mondays are not just the start of the workweek; they're an opportunity for growth.

I picked up on a list of questions developed by author Tony Francisco, who believes that we all can transform Mondays from a day of dread into a powerful launchpad for success.

Tony has 10 questions that all big-time talent like you needs to be asking yourself, every Monday.

1. What are my top priorities this week?
Prioritizing focuses our energy on tasks that align with our goals. We push through all those distractions that slow us down.

2. What lessons did I learn last week?
High performers analyze their successes and failures. In other words, they go to school on themselves. What did I learn that I want to do more of? What did I learn that I never want to do again?

3. How can I step out of my comfort zone this week?
Don't you love your comfort zones? You know you do. We all do. Growth happens when we push ourselves out of comfort. If there's anything out of today's Extra Point, teach this one to your kids. You can't grow in a comfort zone. It will not happen.

4. Who can I seek out for feedback or mentorship this week?

Whose opinion is available to you? Is it a friend? Is it your boss? How about your boss's boss? How about the big boss? Do you think he/she might have an interest in you growing?

5. What are my learning goals for this week?
Lifelong achievers are lifetime learners. If you stop learning, you stop growing. Period.

6. How can I support my team more effectively?
High performance is not just about what you and I can do individually, but also how we can lift up teammates to greater achievements.

7. What are my potential obstacles, and how can I handle them?
High performers analyze before they strategize, and they're better prepared to take on issues and events that pop up.

8. How can I recover more effectively this week?
This is about balancing career demands with personal well-being, and making sure that both mind and body are ready for whatever is needed this week.

9. What can I do to make a positive impact?
This can be viewed in different ways. How can I impact my team, my organization, my industry, and my community.

10. How will I define success this week?
What do I have to do to see this week as a success?

There you are, high performer, 10 questions to answer to set your week up. Get transcript #1517 at guamtraining.com.

That's the Extra Point. Be responsible and make something good happen today. For 93.3FM, the Ray Gibson Show, and First Hawaiian Bank, I'm Jerry Roberts.

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