

THE EXTRA POINT

BY JERRY ROBERTS



1678 You Made it to 2025 – Close the Book on 2024

Here we are, kicking off another year; we all made it out of 2024. Now, we need to close the book on the year just completed, and put 100% of our focus on the one ahead. What will it bring us? I'm Jerry Roberts, and there's a process we can benefit from if we use it when a new year begins. I'll share it with you, next on the Extra Point.

As we step into 2025, it's important to leave 2024 behind us. I say that because a fair-sized chunk of the population tends to cling to the past in general, and they linger in the now "old year" before gaining momentum into the new one. Here's what works for me and might work for you.

I think of family, how we started the year and how it ended. What can I and we carry forward into the next 12 months. How do we want to find ourselves 12 months from now?

After that, thoughts turn to business. I sit down and try to think of major wins in the past year, who was involved with us, and what did we learn? Then, any losses. Again, what did we learn so we can prevent it from reoccurring?

I think of people and organizations I've been privileged to work with, which includes my clients, workshop and event participants.

I also think of the teams here at The Point and the Guam Daily Post, who continue to allow me to visit with their audiences, sharing ideas I believe will help them.

Then I close the book on that year. I can't change anything that happened. I can only have memories and use the lessons learned in the pursuit of a better new year.

No matter what kind of year you had in 2024, it should not dictate your future. However it played out, dwelling on the past can hinder your progress. If 2024 was particularly tough for you, it's essential to let go of that burden. Holding onto negative experiences can weigh

you down and prevent you from seizing opportunities in the new year. Every day is another chance for a fresh start, and 2025 is no exception.

Conversely, if 2024 was a year of success and achievement, it's equally important to move on. While celebrating your victories is crucial — and we teach this in our training courses and consulting work — you want to pull lessons from it, and move on.

Acknowledging your past successes is great, but none of that guarantees future wins. Enjoy it as much as you can, then use the energy from that to help you recalibrate your vision and launch into 2025.

Whether it's growth and advancement on a personal level, or for career, or a family goal, improving relationships, or whatever it is you're after, remember this: The past may have shaped who you are, but it doesn't necessarily decide where you're going.

If you'd like to download this transcript as a guideline for looking back and then looking forward, go to guamtraining.com and grab number 1678.

Spend some time in 2024, gather memories, and take from it what will help you in the year to come. Embrace the fresh start, let go of what no longer serves you, and look forward to the possibilities that lie ahead. May 2025 be your best year ever!

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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For information on training and consulting services with Jerry Roberts, please click this link: guamtraining.com

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