

THE EXTRA POINT

BY JERRY ROBERTS



1729 Building Up Our Patience Muscles

Are you a patient person? If you are, just raise your hand. Yeah, now. Come on, I haven't got all day. What do you mean I need to work on **MY** patience? I'm Jerry Roberts, and actually, we all need to work on our patience. We'll talk about that, next on The Extra Point.

Okay, the topic is patience. Let's be honest, waiting can be a challenge. Nobody likes to wait. We wait in line at the store, at the restaurant, at government agencies, in the doctor or dentist's office, sometimes at the gas pump, and sometimes we're in traffic and it's backed up, and we need to get to our destination and it looks hopeless, and I'm sure you can add to the list.

That's just the everyday stuff. We're also impatient at work. Let me give you five ways.

1. We're waiting on people to reply to our calls and messages.
2. We're collaborating on a project and the people we're working with are slowing up the team.
3. We want training and they've promised it. So, when?
4. Something doesn't work and the IT folks have to fix it. Where are they? When will this be done? Don't they know I have business to conduct here?
5. We're waiting to hear if we've been chosen for a raise or promotion. Come on, let's go!

The urge to act, to make another call, to send another message — to do something — can often feel overwhelming, but patience is not merely a skill; it's a powerful asset. Thus, chill.

Chill? Society teaches us that action is the key to everything. When did you first hear the words, "The squeaky wheel gets the grease"? In my training sessions, I always hand out and attendees fill out an action plan, not an

inaction plan. Maybe I should try that just once to see what the reaction would be.

Why else are we impatient? Because we have FOMO — Fear of Missing Out. This mindset can lead to impulsive decisions

We also have a desire for immediate results. We live in a culture that values quick wins, but lasting success requires that we also play the long game. That requires patience and careful planning.

So what can we do to add patience into our daily mix?

1. Breathe. Nothing gets better when we're overcome by anxiety.
2. If you're waiting on people, communicate the issue to all parties who need to know.
3. Work past the issue as best you can, or work on something else while you wait. I've known people who hit a roadblock and stop all work until they get what they need. Don't do that.
4. Breathe. Yeah, I know, I already said that. It's on the list twice for a reason. One, it's no good for you. Two, if you're freaked out over a situation, there's a good chance you'll freak others out if you're not careful.

There are things we can control and much that we can't. The key is to know one from the other, and to deal with both in a calm and effective manner. You can do it.

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.

###

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

THE POINT
93.3 FM / 1350 AM / 104.3 FM HD-3

GUAM  TRAINING