

THE EXTRA POINT

BY JERRY ROBERTS



1733 Answering the “Little Voice” Inside of Us

Have you ever found yourself held back by a nagging voice that tells you you're not good enough, that your ideas won't work, or that failure is just around the corner? This "little voice" inside each of us can be a powerful force, shaping our thoughts and actions in ways we often don't realize. Today, we'll explore how to recognize and edit those negative narratives that limit our potential. By reframing this inner dialogue, we can create a mindset that empowers us to take risks, embrace opportunities, and ultimately get further and do better. I'm Jerry Roberts, and that's next on The Extra Point.

That little voice inside of us. For many, it's a constant companion, reminding us that we don't have what it takes. That we shouldn't step out and step up. That no matter what we do, we'll never get ahead. We need to avoid risk. We need to just accept who and what we are, and forget about dreams and goals. Stay in your lane!

Today, we answer back.

Little Voice: "I don't have the right experience or qualifications to succeed." *You: "I have the desire and just need a chance. I'll get the experience."*

Little Voice: "What if I fail?" *You: "Then I'll learn from it and be better the next time."*

Little Voice: "I'm not good enough to compete with others in my field." *You: "I'm good enough to compete with some now, and as I gain experience I'll compete with others."*

Little Voice: "I'll never be able to change my habits or mindset." *You: "I can't change all of my habits right away but I can start on a couple of them now, and that's progress."*

Little Voice: "There's no point trying to change now, it's too late for me." *You: "It's never too late. Everyday, somebody achieves goals when it was supposedly too late for them. I'll never know what I can do until I try."*

Little Voice: "People won't take me seriously because of my background." *You: "People will take me seriously when I produce results."*

Little Voice: "I always mess things up; it's just who I am." *You: "I've made mistakes, like everybody else. I'll be more careful this time."*

Little Voice: "This strategy may have worked for them, but it won't work for me." *You: "I know the strategy and I know it works for others. Now, it can work for me, too."*

Little Voice: "I don't have a big network of friends and associates; I'm all alone in this." *You: "I'll make a list of the people I already know. People I've worked with, people I do business with, people I socialize with, people I went to school with. That will give me a good start. Then, I'll learn how to make better connections, and develop new relationships."*

Little Voice: "What if I make the wrong choice and regret it?" *You: "What if I make the right choice and love every minute of it?"*

Little Voice: "Success is only for the lucky few who have the resources to make it happen, and I'm not one of them." *You: "Nobody can outwork me and nobody can outwant me. Success is a decision and I'm making it."*

The negative things we say to ourselves can be powerful and limiting. Recognizing them is the first step toward overcoming them. Then, when your little voice comes for you, make sure you're ready to give it an earful.

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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