

If you have any suggestions or content you would like to see, shoot us an email. Thanks!

Our Mission:

The mission of the South Plains workforce system is to meet the needs of the region's employers for a highly skilled workforce by educating and preparing workers.

October Newsletter

Lubbock MSA and Regional Unemployment

Lubbock's MSA unadjusted unemployment rate for September 2020 is 6.1%, up 0.9% from August adjusted rate of 5.2%. Amarillo MSA recorded the lowest unemployment rate at 5.1%, followed by College Station-Bryan MSA of 5.5%. Abilene MSA recorded the third lowest at 5.9%. All data impacted by the COVID-19 pandemic.

*Employment estimates released by TWC are produced in cooperation with the U.S. Department of Labor's Bureau of Labor Statistics. All estimates are subject to revision.

To access this and more employment data, visit

[TexasLMI.com](https://www.texaslmi.com).

The TWC Lubbock MSA

Upcoming Events

- October 20, 2020 -
Date subject to change
South Plains Career Expo
This Event will be Virtual
9am - 12pm

- October 22, 2020 -
Workforce Solutions South Plains
Virtual Job Fair
9am - 3pm

Hiring & You
Red, White

2020 Statewide Virtual Hiring Fair
texasworkforce.org/hrwy

TMC | TEXAS MEDICAL CENTER
Join the Texas Workforce Commission and Texas Medical Center for the 9th annual event to connect veterans, service members and families with employers.
No cost to veterans,
Equal Opportunity Employer/Program. Auxiliary aids and services are available upon request. Relay Texas: 800-735-2989 (T)

TEXAS WORKFORCE COMMISSION
TEXAS WORKFORCE SOLUTIONS
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TEXAS VETERANS COMMISSION


- November 5, 2020 -
Red, White and You
Veterans Job Fair
10am - 2pm


and South Plains WDA
 Economic Profiles provide
 a breakdown of
 employment by industry.
 Click on the images to the
 right to access the profiles.


(Image located on page 3)

CURRENT EMPLOYMENT
 Metro Areas (Seasonally Adjusted)

Metro Areas	Apr 2017	Monthly Change	Annual Change	Annual % Change
Abilene MSA	68,100	100	700	1.0
Amarillo MSA	121,300	-1,100	1,200	1.0
Austin-Round Rock MSA	1,021,900	-400	29,300	3.0
Beaumont-Port Arthur MSA	164,000	900	-800	-0.5
Brownsville-Harlingen MSA	143,000	100	2,700	1.9
College Station-Bryan MSA	115,900	-400	2,500	2.2
Corpus Christi MSA	192,400	-100	1,400	0.7
Dallas-FW-Arlington MSA	3,582,400	-18,000	99,600	2.9
Dallas-Plano-Irving MD	2,555,000	-15,600	76,600	3.1
Fort Worth-Arlington MD	1,027,800	-3,200	22,600	2.2
El Paso MSA	317,000	400	9,200	3.0
Houston MSA	3,044,300	13,700	44,000	1.5
Killeen-Temple MSA	146,600	500	3,600	2.5
Laredo MSA	104,000	100	2,300	2.3
Longview MSA	96,700	300	-600	-0.6
Lubbock MSA	146,300	-1,000	800	0.5
McAllen MSA	256,700	600	4,900	1.9
Midland MSA	87,800	-100	100	0.1
Odessa MSA	69,800	100	-200	-0.3
San Angelo MSA	48,600	400	-500	-1.0
San Antonio MSA	1,035,600	3,800	24,800	2.5
Sherman-Denison MSA	47,000	100	1,000	2.2
Texarkana MSA	60,200	-500	-800	-1.3
Tyler MSA	106,200	400	2,300	2.2
Victoria MSA	42,000	200	-300	-0.7
Waco MSA	120,400	600	2,200	1.9
Wichita Falls MSA	58,000	400	-100	-0.2

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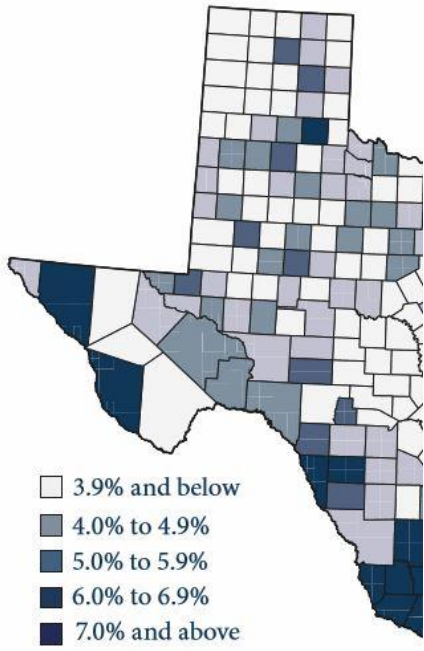
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County Unemployment



[\(Image located on page 6\)](#)

**Click image to
view full report:**
Lubbock Metropolitan
Statistical Area (MSA)

**Click image to
view full report:**
South Plains Regional
Workforce Development Area

**Click image to
view full report:**
Lubbock LAUS
County-by-County
Unemployment Rates



Warren Buffett's "2 List" Strategy: How to Maximize Your Focus and Master Your Priorities

With well over 50 billion dollars to his name, Warren Buffett is consistently ranked among the wealthiest people in the world. Out of all the investors in the 20th century, Buffett was the most successful.

Given his success, it stands to reason that Buffett has an excellent understanding of how to spend his time each day. From a monetary perspective, you could say that he manages his time better than anyone else.

And that's why the story below, which was shared directly from Buffett's employee to my good friend [Scott Dinsmore](#), caught my attention.

Let's talk about the simple 3-step productivity strategy that Warren Buffett uses to help his employees determine their priorities and actions.

The Story of Mike Flint

Mike Flint was Buffett's personal airplane pilot for 10 years. (Flint has also flown four US Presidents, so I think we can safely say he is good at his job.) According to Flint, he was talking about his career priorities with Buffett when his boss asked the pilot to go through a 3-step exercise.

Here's how it works...

STEP 1: Buffett started by asking Flint to write down his top 25 career goals. So, Flint took some time and wrote them down. (Note: you could also complete this exercise with goals for a shorter timeline. For example, write down the top 25 things you want to accomplish this week.)

STEP 2: Then, Buffett asked Flint to review his list and circle his top 5 goals. Again, Flint took some time, made his way through the list, and eventually decided on his 5 most important goals.

Note: If you're following along at home, pause right now and do these first two steps before moving on to Step 3.

STEP 3: At this point, Flint had two lists. The 5 items he had circled were List A and the 20 items he had not circled were List B.

Flint confirmed that he would start working on his top 5 goals right away. And that's when Buffett asked him about the second list, "And what about the ones you didn't circle?"

Flint replied, "Well, the top 5 are my primary focus, but the other 20 come in a close second. They are still important so I'll work on those intermittently as I see fit. They are not as urgent, but I still plan to give them a dedicated effort."

To which Buffett replied, "No. You've got it wrong, Mike. Everything you didn't circle just became your Avoid-At-All-Cost list. No matter what, these things get no attention from you until you've succeeded with your top 5."

The Power of Elimination

I believe in minimalism and simplicity. I like getting rid of waste. I think that [eliminating the inessential](#) is one of the best ways to make life easier, make good habits more automatic, and make you grateful for what you do have.

That said, getting rid of wasteful items and decisions is relatively easy. It's eliminating things you care about that is difficult. It is hard to prevent using your time on things that are easy to rationalize, but that have little

payoff. The tasks that have the greatest likelihood of derailing your progress are the ones you care about, but that aren't truly important.

Every behavior has a cost. Even neutral behaviors aren't really neutral. They take up time, energy, and space that could be put toward better behaviors or more important tasks. We are often spinning in motion instead of taking action.

This is why Buffett's strategy is particularly brilliant. Items 6 through 25 on your list are things you care about. They are important to you. It is very easy to justify spending your time on them. But when you compare them to your top 5 goals, these items are distractions. Spending time on secondary priorities is the reason you have 20 half-finished projects instead of 5 completed ones.

Eliminate ruthlessly. Force yourself to focus. Complete a task or kill it.

The most dangerous distractions are the ones you love, but that don't love you back.

FOOTNOTES

1. **Thanks** to my man Scott Dinsmore for sharing this story with me (James Clear). His original post on Buffett's strategy is here.

Texas Economy added 106,800 non-farm positions over the Month.

State adjusted unemployment rate is 6.8 percent for August

AUSTIN – In July, Texas' adjusted unemployment rate of 6.8% is below the national rate of 8.4 percent.

Read the full [press release](#).

Sources:

Texas Labor Market Review

<https://texaslmi.com/api/GetHomeLinks/TLMR>

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