

Rich London

From: Richard London [rlondon@AHandbookForLife.com@mail79.atl11.rsgsv.net] on behalf of Richard London [rlondon@AHandbookForLife.com]
Sent: Tuesday, September 09, 2014 9:13 PM
To: =?utf-8?Q??=
Subject: A message from Richard London - A Lesson From a First Grade Teacher on How to Get Out of Your Rut

Bimonthly Newsletter from Richard London and A Handbook for Life

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A HANDBOOK *for* LIFE

It's my pleasure to present you with this issue of my bimonthly newsletter. This complimentary electronic newsletter will provide you with hints and tips on how to deal with the obstacles and stressors in your life. I know that you will find it beneficial.

Richard London
www.AHandbookForLife.com

**A Lesson From a First Grade Teacher on
How to Get Out of Your Rut**



We all have areas in our lives that have become routine and boring. I recently learned a lesson from a first grade teacher who showed me that you can put excitement and energy into parts of your life that may have gone stale.

A few months ago my wife and I proudly watched as our daughter Lindsay graduated college with a degree in elementary education. Almost immediately she was offered a job in the Charlotte public school system as a first grade teacher.

I saw her excitedly preparing for her first day of teaching. She was making decorations for her class room, designing colorful banners, buying and decorating colorful storage boxes. Her ideas were fresh and the passion for her new endeavor was obvious. During her first week of school Lindsay had other teachers come up to her and compliment her on the creative and fun ways she had set up her classroom. My wife and I listened as Lindsay described the games and songs she created on the fly to entertain her new students.

To some long time teachers starting another school year may be routine, but to Lindsay's fresh eyes everything was an opportunity to do something fun. Don't let your days be boring and let your life get stale. Take a look at your life, your job, and your daily tasks with new eyes. Be that first year teacher who sees an opportunity to make each day creative and fun. Make a commitment to yourself to do something different and fun this week. Then do me a favor. Send me an email and tell me about it so we can enjoy it together.

Warm Regards,

Richard London

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