

"School Today" is an excerpt from *Nice Start: Questions Only You Can Answer to Create the Life Only You Can Live*.

"Read it with relish. This is real wisdom." — Larry Brooks, bestselling author.

School Today

Little Madison and Makenzy blast into the house. "We're hoooooome!"

"How was school today? What did you learn?" The kids eagerly recount their exciting day of geometry, English, physics, history, and more.

Adults are immersed in school-of-life subjects such as relationships, work, dreams, finance, health, etc. However, we rarely do the "what did you learn today?" routine even though we attend our schools every day.

Some challenges have come up in my life-school. Why did I think of them as challenges? I could just as easily have thought of them as problems, puzzles, opportunities, or gifts. The first lesson for me: Notice how I interpret a situation. If I see challenges, I create one set of responses; if I see opportunities, I create different responses.

"You have four oranges, two trash cans, and one box of oil filters." In regular school we're told whether our assignment is for math, home economics, or English. In life-school, we, the students, label the subject. My second lesson was in how to assign the labels. Work? Relationships? Values? The subject I select defines the solutions I consider.

When you read "their exciting day of geometry, English, physics, history, and more," did you see it as tongue-in-cheek humor? That illustrates my third lesson: Whether today's curriculum covers geometry, English, physics, and history, or whether it covers work, relationships, and values, we get to choose whether it's an exciting day.

Explorations

What did you learn in school today?

Look at the details of your life today. Where did you see problems, issues, challenges, opportunities, gifts, or something else? Where could you have seen things differently?

Was your day exciting? Will tomorrow be exciting?

The most exciting phrase to hear in science, the one that heralds the most discoveries, is not 'Eureka!' (I found it!) but 'That's funny'.

Isaac Asimov (1920?-1992)

Nice Start is so much more than that. In thought-provoking exercises that invite you to trust your own instincts, Mark Chussil helps walk you into a mindset of self-discovery that might just change your life.

Jeffrey Zaslow, *The Wall Street Journal*,
co-author of *The Last Lecture* and *Highest Duty*

Nice Start is fascinating and powerful. It will help you discover how to think deeply and differently about yourself, and help you get more of what you want in your life. You'll be very glad you read this book.

John Gray, Ph.D., author of
Men Are From Mars, Women Are From Venus

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