

### RULE #3 ALWAYS PLAY

Like the energizer bunny, Jack Russell's are always ready to play. They could be sound asleep one minute and jumping four feet in the air the next. Life is too short, always find time to play, I know my Jack does, and we should too.

Do you take work home for the weekends? Well if you focus on working as hard as possible at your job and career during the week, then leave the weekend for you and your family, you will be able to start on Monday truly refreshed.

Work hard and play harder, the motto of every Jack Russell!!!!



#### RULE #4 TAKE A NAP WHEN YOU ARE TIRED

Sounds simple, but we don't do it. I swear Jack will sleep at a drop of a hat, unless of course there is something fun to do (see Rule # 3 always play).

I read somewhere that dogs sleep 18 hours a day, now you and I don't have time for that. However, we do have 10 to 15 minutes to close our eyes and recharge our batteries.

How much could your work improve if you gave yourself 10-15 minutes of "me" time to refresh your batteries?



## RULE #6 GO FOR COUNTRY RIDES

Weekend mornings were made for country rides. There is something very special about driving without a destination and without an arrival time. If you are a Jack Russell, then country rides also involve sticking your head out the window. I swear I think he's dreaming of flying.

You could estimate my speed by timing how fast his tail wags. The faster I go, the faster it wags.

So what is our lesson? Now I'm not saying drive with your head out the window. But I am recommending that maybe if you spend some weekends driving along the countryside with your loved ones without a destination, the little adventure may bring you closer together.



## RULE #7 BE FOCUSED ON THE JOB AT HAND

If you have a JRT, then you know what I mean. They can be one of the most focused dogs. If you ever had a chance to play with a laser pointer, you know what I mean. Jack would chase it all day if he could. He would probably play with the pointer to the point of being unhealthy. But the lesson we can take from this is you should focus intently on doing the job at hand. If you do that, you can successfully complete the task and most likely do it in less time. Who would have thought that I could pick up an advanced time management principle from an animal who likes to roll around in things that stink?

You've probably heard the old saying "keep your nose to the grindstone." But do you know why they say that? Back in the old times when you were grinding flour, the powder in the air was very flammable. The slightest spark from the grinding stone could set the whole place ablaze. Now if you kept your nose to the grindstone you would be able to smell the stones heating up before they were able to spark and therefore prevent a catastrophe. So another way of stating this is if you don't keep your eye on the job at hand it may blow up in your face.

