



## The English Teacher John Show WHAT'S UP? PODCAST

Transcript – ETJ What's Up? Podcast No. 7 (duration: 14:19)

*Colored text is informational only and not included in the audio file.*

### Audio Script Start

Hey ... **WHAT'S UP???** Stay away from the ruts. But if you're in a rut, try try try to get out of it! We're looking at ways to get out of that rut. That's what's up!

*[[Intro music – “Red Hot Boogie” by Mofessor from podsafefaudio.com]]*

Welcome everyone to episode number 7 of English Teacher John's 'What's Up? Podcast.' My name is John Koons and I am your host, live from Matsumoto, Japan.

Hey, I'M **IN A RUT**. HE'S **IN A RUT**. SHE'S **IN A RUT**. Hey, GET OUTTA THAT RUT!!! R-U-T RUT. What is a rut?

Well, a rut is something that you definitely don't want to get into or fall into. You know when a car travels on a muddy unpaved road. Then the next day it's sunny and all of the mud dries up, and what's left on the unpaved road? Yes. Some deep ruts where the car tires passed when the road was soft.

Those are ruts, and if you're on a bicycle or motorcycle you know that once you're in those ruts, well, **first**, you're situation is a little more dangerous, and **second**, it's not so easy to get out of those ruts, is it?! So, what do you do?

You just take the path of least resistance and continue to follow the ruts. You continue to follow the ruts; continue the way the car went. Continue on the same path as the previous people. Continue doing the same thing, following the same path. No changes. Nothing new. No new decisions to make, no new challenges to face, no new territory to explore; just FOLLOW THE RUTS LIKE YOU'VE BEEN DOING for weeks or months or years. I don't know; maybe a long time.

Today, we're not really talking about PHYSICAL ruts like the ruts in an unpaved road or trail, we're talking about SYMBOLIC ruts. Have you ever been stuck in a rut?

You're doing the same thing every morning, every evening, every day, every week, every month ... well, I think you get the point. Isn't it hard sometimes to change ROUTINES in your life? Change what you do in the evenings, change what you do on the weekends; change the places that you go to; try new activities or hobbies; change your house; change your job; move to a new town.

Yeah, it can be really difficult to change a routine or habit. There's comfort, certainty, and familiarity when we do similar things over and over and over and over again. I am certainly one who has habits and routines, and I'm certainly one who likes some comfort and familiarity in my life. Who doesn't??

When you're **IN A RUT**, the sense of it is that you're not really enjoying yourself. You're not being all that you can be. It's probably clear to you and others that you're not excited or motivated about the things you're doing in your life. That's really the difference between having routines in your life, and **BEING IN A RUT**. When you're **IN A RUT**, you don't feel that .. uh what do the French call it ... joie de vivre ... JOY OF LIFE; the PLEASURE AND EXCITEMENT OF LIVING.

Yeah, for sure it's hard to feel that excitement every moment of the day, or during every activity that you do. But, I think that you should feel EXCITEMENT and MOTIVATION pretty often during your week or month. Hey, why not every day? Do you think it's possible to have feelings of EXCITEMENT, MOTIVATION, and INSPIRATION every day? Every week? A few times a month? What do you think? How often do you feel these kinds of emotions?

I think we should start an ongoing conversation about BEING IN A RUT, RECOGNIZING THAT YOU'RE IN A RUT, AND WHAT TO DO TO GET OUT OF A RUT.

Something that I've noticed about myself is that, when I'm living life with enthusiasm and excitement, I don't need very much sleep and I have a lot of energy throughout most of the day. I can stay up late working on the things that are exciting me, get up early, zip up hills a lot faster on my bike, and still work pretty late into the evening again. The days are full, sleep is very deep even though not too many hours are required, and it's just a great feeling all around. Do you know what I mean??

I remember a small poster that I used to have on the wall near my bed. It said something like:

*Get out of that rut. Get up at dawn, or take a walk at midnight,  
learn to speak Italian ...*

And it recommended maybe a dozen more suggestions for doing things differently. Starting something new, or doing something differently, learning or trying something new, going on an adventure. I think you understand what I'm trying to say here.

Hey, maybe some of you listening to this podcast are IN A RUT RIGHT NOW. So, why don't we all make some suggestions for getting out of the rut.

- Go to one new place every day next week: for lunch, for a walk or bike ride in the morning or evening. Just go somewhere you haven't been before. It doesn't have to be far away.

Some more suggestions:

- Learn a new joke and tell it to at least five people this week. Laugh more.
- Go into the center of town, put a smile on your face and say "hello" or "good morning" to everyone you walk past.
- Buy a gift this week for someone in your life – for no reason or occasion.
- One time this week, when something happens that usually makes you impatient, angry or frustrated, just laugh. Stop and laugh out loud, for a minute or so or maybe even more. Just laugh, laugh, laugh.
- Here's one: Talk to one animal that you come across this week. Say "good morning" to your neighbor's dog or cat, or the bird that's sitting on the tree outside your window. Talk to it! Have a nice little conversation. It could be interesting.

This is really the kind of list that could go on and on and on and on and .... Well, you know, there's just so many ways to get out of a rut. Try something new; think some new thoughts; change the way you do things. It will probably add some freshness to your day, your week and your life.

I'll put a **GET OUT OF THE RUT** area on the new English Teacher John **WIKI**. You can go there and write about your ideas for doing something new and fresh.

The new **WIKI**, our **podcasts**, **videos**, some **transcripts**, **language help**, and more – and especially the **transcript for this podcast** – all of these things can be found at our website, [englishteacherjohn.com](http://englishteacherjohn.com). Our email is: [podcast@englishteacherjohn.com](mailto:podcast@englishteacherjohn.com).

Well everyone, thanks for listening and I wish all of you eternal INSPIRATION, MOTIVATION, FRESH IDEAS, PASSION, LAUGHTER, and a CURIOUS AND ADVENTUROUS SPIRIT. Okay, **GET OUT OF THAT RUT!** Have a great week. Bye bye.

Music is the "Red Hot Boogie" from Mofessor at [podsafeaudio.com](http://podsafeaudio.com).