

LifeMates - Routine or Rut?

MATCH ME



"Is this flower big enough to get me out of trouble?"

We're all creatures of habit. Most of us prefer it that way. We go about our daily lives and we get things done. We might spice things up by doing something different on the weekend, but even our weekends become strangely familiar.

The typical day: We get up and hop in the shower. While the coffee/tea perks away, we pick the outfit of the day and notice we're running behind. On the way to work you catch up on the local news and hope for a few laughs on the radio. The work day happens. It just happens. Nothing overly exciting and nothing

much to really worry about. You may have a few favourite places to go for lunch, but rarely do you go somewhere new. Heading home, you may have a few stops to make in order to pick a few things up. Once you get home, it's something to eat and a little TV. Maybe the gym on Monday, Wednesday, Friday. Tuesday is laundry day and Thursday's the day to grab the groceries. The evening winds down with some light reading or catching up on emails and it's off to bed. The next day: repeat.

Are you happy? If you are, you are in a comfy routine. If you're not happy... it's a rut. The real challenge is in recognizing whether you're happy or not. You see, routines allow us to manage our challenges a lot more effectively. When trouble does come around, we can focus on the solution easier if the rest of our life is routine. But when the routine gets stale, or even boring, it's time to call it what it is... a rut.

Regardless the state of your comfort zone, nothing changes the day-to-day more than falling in love. It changes everything! Presuming you're not currently in a relationship- Imagine for a moment what your typical day is like. Then imagine what your day might be like if you were in love. Using the above example, it may be: We get up and hop in the shower. Now we're using the good stuff because it's important to smell good! On the way to get dressed you notice that you've received a text message that wishes you a fantastic day and that you're being thought about. You still drive to work and listen to the radio, but now you swing by your new flame's workplace and slip a note on their windshield. Work still happens. But on some days, you get flowers. On other days, you get phone calls. Sometimes you get caught day-dreaming about the previous weekend or the late night you're still recovering from. Then you rush home because tonight you've planned to go out to see a live band, or maybe you're cooking for two tonight. That night, instead of

Match of the Month

What Richard said

For the moment I need to put my availability to respond to referrals on hold. Thanks to you, I am in a steady relationship with Marianne.

We have been seeing each other since late April and we have been keeping pretty busy. We see each other several times a week. We go on weekend cycling trips, we take dance lessons and always find different things to do that we both enjoy. Marianne is an avid gardener with a tremendous amount of knowledge that she openly shares. We've developed a beautiful garden and everyone who sees it thinks it looks like a professional landscape design. We have met one another's family and friends and everyone on my side is impressed. She is a superb cook and



reading a good novel or updating your Facebook status; you're making love. The next day: repeat.

Are you happy? One thing is certain- whether you are happy in a routine or frustrated with the rut you find yourself in, you're going to be a whole lot happier when you're in love. An ancient proverb states: Joy shared is doubled and sorrow shared is halved. Routine or Rut... you can be much happier.

Matchmaker Tip of the Month

"Set Up Date #2

Once two people have met and you feel there is a connection and have hit it off, look interested and take charge and set up date #2. A common mistake people make is leaving things unsaid, allowing the other party to guess as to our true intentions. Even if there is no connection, let the person know so you can both walk away knowing the outcome and they will appreciate your honesty.

If you are interested, keep in mind some answers to your questions that you have asked and pick something they enjoy. They will be impressed that you listened and are taking action for date # 2."

Have a question for our Matchmakers? Send an email to membersupport@lifematescanada.com and you may find your question featured in the next newsletter.



makes me wonderful meals. Marianne is an amazing woman. She is kind, smart, hard working, active and great company. I am thankful to have met her and am looking forward to the future with her.

Thanks Dick

What Marianne said

I am please to inform you that I am placing my file on hold with Richard. He is an amazing man. We have lots in common and enjoy many activities together. He is handsome, loving, and intelligent. Everyone I know who has met him really likes him. I am no longer interested in meeting anyone new as I am happy with Richard!

Marianne

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