

# **Helpful Hint: Find Your Marigold!**

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**Bad attitude? Can't find motivation? Feeling down? Find your marigold. I was sent this article by my amazing music mentor my first year in a new district and it gave me an entirely new outlook on what I was doing. It's directed at first year teachers, but I will forever read it at the beginning of every school year and again in January. Find your marigold!!**

**<https://www.cultofpedagogy.com/marigolds/>**