

THANK GOD IT'S MONDAY!

Roxanne Emmerich



TGIM WEEKLY AUDIO: Be Where You Are

**Transcription*

Thank God It's Monday![™] When you are at work, are you thinking about home? When you're at home, are you thinking about work? When you are with your kids, are you watching television and ignoring them? When you're in a meeting at work, are you fully engaged in crafting the next solution, or are you thinking about how to look good?

Most people are anywhere but where they're at, and it gets in their way.

Being fully present means that when you're in a conversation, you're in that conversation, looking that person in the eye, hearing their every word, and seeking the meaning that they're trying to communicate. And yes, it is hard work.

Here's a challenge. In your next conversation, be nowhere but there. Hang onto the words of the person or persons talking thinking only about what questions you can ask to better understand their point. Practice hearing *everything* they say, and probe to find out if you interpreted what they said properly.

People aren't used to being truly heard. *You will honor that person and honor yourself by being fully present.*

Have a great Monday!

Roxanne

Roxanne Emmerich's Thank God It's Monday! How to Create a Workplace You and Your Customers Love climbed to #1 on Amazon's bestseller list and made the New York Times and Wall Street Journal bestseller lists—all in the first week of its release. Roxanne is renowned for her ability to transform “ho-hum” workplaces into dynamic, results-oriented, “bring-it-on” cultures. If you are not currently receiving the Thank God It's Monday e-zine and weekly audios, subscribe today at www.ThankGoditsMonday.com.

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