

# THANK GOD IT'S MONDAY!

Roxanne Emmerich



## TGIM WEEKLY AUDIO: Choose Your Emotion

*\*Transcription*

*Thank God It's Monday!*™ The fact that you're angry is not an issue. Like feeling tired, restless, excited, or ecstatic, anger is simply an emotion. But when you feel it coming, know what to do with it.

Admit that you're angry, calm down, and put the scope of your issue in perspective. Try to find a way to laugh at the issue. Just like any Seinfeld episode, there tends to exist a comical aspect to any seemingly bad situation—so recognize the humor by looking at your problem from the outside.

While laughter helps, eventually you must confront the source of your anger... but no need to rush this. Allow yourself to cool down prior to confronting the issue.

How many times have you 'lost it' only to later regret what you said in the heat of the moment? Avoid the confrontation until you think *clearly* enough to avoid the regret that inevitably comes later.

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](http://www.ThankGoditsMonday.com).*

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