

THANK GOD IT'S MONDAY!

Roxanne Emmerich



TGIM WEEKLY AUDIO: Chunk Time

**Transcription*

Thank God It's Monday!™ Did you ever have one of those dreams where you're being chased but your legs won't move? For many people their awake life resembles just that.

Let's admit it, we've all been there. We've been in that place where we start in the morning on one project, only to be interrupted by an email emergency, only to be interrupted by a project deadline that came as a surprise, only to be interrupted by a co-worker's crisis, and you must stop everything. Suddenly it's 5:00 and you're exhausted, and nothing is accomplished that was on your list. It's time to take back your life, *now*, while you still have one.

Here's how—chunking time.

Chunking time means declaring non-interruptible time for your key initiatives—those key projects that are the priorities that create the most important results.

How do you do it? You block an hour, two hours, or even half a day, whatever is appropriate that won't create unnecessary burden for your co-workers. And then make sure it's obvious you cannot be interrupted. Your team will love to grant you that option when they see the results you create by being focused.

Chunking time expands your results in less time. Enjoy the time you're investing and *get massive results starting now!*

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.

© (MMIX) Leadership Avenue Press, LLC. All rights reserved, including translation.

www.ThankGoditsMonday.com