

THANK GOD IT'S MONDAY!

Roxanne Emmerich



TGIM WEEKLY AUDIO: Control the Ants

**Transcription*

Thank God It's Monday!™ Control that little voice. There's a voice in the back of our heads that drives our behaviors. According to Dr. Daniel Amen who wrote *Change Your Brain, Change Your Life*, he calls those ANTs which stands for automatic, negative thoughts.

So how do you recognize automatic, negative thoughts? Well, first of all, it could be anything that starts with always or never, such as, "I'll never get a promotion" or "Everyone always dumps their stuff on me." Or it could be a prediction of a negative result such as, "I always lose big deals at this stage." Or it could be labeling people or tasks such as, "I hate doing data entry" or "He's such a jerk."

So ANTs create a perpetual situation of keeping you from being the amazing person that you are because they create the results. There's a part of your brain called the amygdala that keeps you safe. The only problem is it also keeps you stuck. It was much handier when you were running away from saber tooth tigers, but now that you're in the workplace, it can keep you stuck.

So what can you do to stop out those ANTs and make sure that you have a brain that functions, helps you accomplish what you want, and keeps you unstuck? First of all, understand it's all in your brain, and second, take responsibility knowing that, but third, whenever you have a negative thought, stop that thought and immediately create a better thought. Psychologists recommend that you wear a rubber band on your wrist that you snap as soon as you have a negative thought, which releases a negative toxin in your brain. So you can't stop there, you must then create a positive thought right behind that which gets you back in the game of creating the positive possibilities.

So stop those thoughts that are causing you to be held back. Embrace the possibilities in your life by controlling the little voice and 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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