

THANK GOD IT'S MONDAY!

Roxanne Emmerich



TGIM WEEKLY AUDIO: Get Laser!

**Transcription*

Thank God It's Monday!™ You can tell a person's thinking pattern by listening to how they talk. People who use excess words are also slow to get results because their brain takes a very long trip to get from A to B and their body follows their brain.

If you recognize that focus is a challenge for you, change your language and you'll change your brain chemistry. Listen to and observe your every word and scrutinize it for clarity.

If you typically say something like, "I am going to try to explore how to get my time management under control so I can get more done and have more free time with my family and friends and have less chaos and have less last minute projects in my life."

You could get laser and say, "I'm committed to getting more results in less time." Whew. Doesn't that feel better? The more focus you have in your language, the more focused your results will be.

Get laser!

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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