

THANK GOD IT'S MONDAY!

Roxanne Emmerich



TGIM WEEKLY AUDIO: Get Weird to Rewire

**Transcription*

Thank God It's Monday!™ Get weird to rewire. Most people according to psychologists have 95 plus percent of the same thoughts everyday that they had the day before. That's not making us very interesting or very effective.

A client of mine who's a CEO of a 1.3 billion dollar organization told me recently that at new employee orientation he says to people, "If you've signed up for this organization and you're thinking that you don't like to change, you've just signed up for a living hell because we change because that's how we grow."

So the same thoughts create the same results. I would take our children when they were small to the grocery store and we would dance on our way into the grocery store while other people walked in and one day my son said to me, "Mom, you're so weird." I said, "Yes, don't ever call me normal."

How do we in a work place make sure that we never become normal so that our brain keeps rewiring to be high achievers? First of all, do things differently to create an achievement reflex. The more you do things differently, the better the results you get because it rewires your brain to be stretchable and it's easier to not get stuck. How can you do that? Well you can drive home differently everyday. You can try different exercises. You can do things differently throughout the day. That makes things happen. So when you're doing this you're creating new neuron connections so that your brain is more flexible. And when you're more flexible, you can get better results.

So have some fun today, and it's Monday, so don't be normal.

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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