

THANK GOD IT'S MONDAY!

Roxanne Emmerich



TGIM WEEKLY AUDIO: Spin Around and Smile

**Transcription*

Thank God It's Monday!™ Children up to preschool age are said to laugh 150-300 times daily, while adults laugh only 15 times a day!

Sure, as we grow older we may discover that we are not as innately happy as a toddler, but we can decide to smile. In fact, just doing so has been proven to instill happiness. In the late 80's for instance, a study was conducted wherein subjects were asked to make a "u" or an "e" sound and record how they felt. Unsurprisingly, subjects that made the "e" sound reported feeling much happier than their counterparts, because they were smiling as a result.

So smile. Smile right now. Smile at lunch. Spin around in a circle and smile. Feeling better? I thought so. Create 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