

# THANK GOD IT'S MONDAY!

Roxanne Emmerich



## TGIM WEEKLY AUDIO: Stay Awake

*\*Transcription*

*Thank God It's Monday!*™ Its 2 p.m. and you're exhausted. You were up late helping Ali with her homework, and when you finally got to bed, you couldn't sleep. The stresses of the office hung over your head like a thundercloud.

You're not alone. *The Journal of Occupational and Environmental Medicine* estimates that nearly 40 percent of workers experience fatigue at the workplace. What's the big deal? So workers are a little bit tired. The big deal is in the numbers: the same study put lost productivity from tired employees and unproductive working habits in the billions of dollars each year. Tired employees are not as effective as energized and well-rested employees. It is as simple as that.

So, make the change. Relax. Exercise. Go for a walk. And most important, don't say, "I'm tired." Trick your brain by repeating, "I'm energized, I'm energized." It works! And sleep soundly, knowing that tomorrow you'll perform at the top of your game.

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](http://www.ThankGoditsMonday.com).*

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