

# THANK GOD IT'S MONDAY!

Roxanne Emmerich



## TGIM WEEKLY AUDIO: The Authentic Commitment

*\*Transcription*

*Thank God It's Monday!*™ Ever make a commitment, only to get that sinking feeling in the pit of your stomach because you know you can't see it through? Sure you have. We all have. And the question is, what do you do next?

Too many people let the clock tick away until the deadline arrives, and *then* they announce that they won't be able to deliver after all. That's inauthentic and it damages trust. Instead, when you're getting that sinking feeling, listen to it, and step up immediately and say, "You know what? I might have answered too quickly. I don't want to make this commitment unless I'm absolutely certain that I can get it done on time. Can I get back to you later today or negotiate a different deadline?"

When you make an authentic commitment, there's an expansive, open feeling because you know you can deliver on the promise you've made. Paying attention to the feeling that comes with every commitment you make is key to building trust. And trust is key to success.

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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