

# THANK GOD IT'S MONDAY!

Roxanne Emmerich



## TGIM WEEKLY AUDIO: The Eye of the Tornado

*\*Transcription*

*Thank God It's Monday!*<sup>™</sup> A study by the American Psychological Association found that 62 percent of Americans claim that work has a significant impact on stress levels. Imagine that—62 percent of people walking around in an environment they find stressful.

That's a little crazy. Life's too short to feel that way! So change things. Now I'm not suggesting that you quit your job and go relax on the beach for the rest of your life. Choose instead against stress.

So the task pawned off on you that seems impossible... why stress? Choose to see it as an opportunity and step up! So you have 35 phone calls to make in 35 minutes... why not do it with joy? It's time to blow them away.

How accomplished will you feel after the fact?

Attitude is a choice. Stress is a choice. Choose to live in the zone and decide to live comfortably in the eye of the tornado.

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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