

I MONDAYS

Fresh Start Monday 7

1. Washed and clean 501s;
2. New white T temporarily forgotten from the Crew sale last fall;
3. Comfy All Stars;
4. Walked all the way: 45 minutes. Just walked; no iPod today;
5. Sent her a txt on the way; she was sleepy but friendly;
6. Into the basement gym at work;
7. Hey; just 0700 Monday morning and we're flying.

Monday Focus 7

1. **Facts** rather than melodrama.
2. **Profit** rather than 'deals'.
3. **Phone** rather than e-mail.
4. **Short** rather than venti.
5. **JFDI** rather than meetings.
6. **Walk** rather than talk.
7. **Monday focus** rather than 'the weekend' reminiscing.

Monday Americano 7

1. Lock up the bicycle.
2. Short black Americano.
3. Into the office.
4. Plan ready.
5. Team energised.
6. Ready? **Born ready!**
7. Heck. Monday: it's only a word.

Monday's Advantage Over The Competition 7

1. They're tired.
2. They're fussing about who'll go out and get coffees.
3. They're gossiping.
4. They're wondering how low they can take their price in the tender.
5. They're scavenging an old slide-deck for this afternoon's pitch.
6. They're order-takers (if they are lucky).
7. Meanwhile, your team is: pumped, closing down this month target, broaching business for next month, planning a mid-week training session for next week. Your team is selling. And it's still only twenty-past nine.

Motoring Monday 7

1. They're late; you're hitting priorities;
2. They're down; you're excited;
3. They're complaining; you're addressing;
4. They're stuck; you're motoring;
5. They're looking at a list; you're on the phone;
6. They're making coffee; you're double-checking the proposal before hitting send;
7. They're wondering what hit them; you're tackling the key issues.

Magic Monday 7

1. Your mood is elevated after such a fantastic week-end;
2. You have clear measures in sight of what you wish to achieve this week;
3. All 'maybes' at this point in the week are extraneous;
4. It's a must day rather than a might day
5. You've brought in Moroccan Green Tea for the team;
6. You're meeting Molly tonight to see the new Clint Eastwood film. *You're sure this really is true love;*
7. Yep. Who can beat Magic Monday?

You May or May Not 7

1. Believe in God.
2. Think Darwin's Theory of Evolution is the bee's knees.
3. Be confident about Intelligent Design.
4. Be simply bewildered in a complex universe.
5. Just be having a bad day.
6. **Whatever: live every day 100% full-on. Long, wide and deep.**
7. **Even on a Monday.**

For More **I Love Monday**
Thinking and a whole lot more:
www.nicholasbate.typepad.com.
+44 1865 764953. Books available
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