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.
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.

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.

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.