

An easy to read and even easier to implement guide to enjoying what you do, wherever you do it. TGIM tackles the problem of people allowing their happiness to be dictated by the day of the week.

Thank Goodness It's Monday

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/4416.html?s=pdf>

Thank Goodness It's Monday

**A guide to enjoying work, home, and
the journey between**

Copyright © 2009 Scott Stratten

ISBN 978-1-60145-485-0

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Printed in the United States of America.

Scott Stratten
102-1230 Marlborough Court
Oakville ON, L6H 3K6
Canada
1.888.580.9969
www.ScottStratten.com
2009

Contents

FOREWORD.....	IX
TGIM: THE LIFE SECTION LEARNING TO LIVE	
YOUR LIFE WELL	1
INTRODUCTION TO T.G.I.M.....	3
T.G.I.F! THANK GOODNESS IT'S FRIDAY!!!.....	7
THE "WORK-LIFE BALANCE" MYTH	11
GOOD, TRUE, AND HELPFUL	15
GOOD, TRUE, AND HELPFUL A WORKPLACE EXAMPLE.....	19
GOOD, TRUE, AND HELPFUL A PERSONAL EXAMPLE	21
THE M.A.C.E. METHOD OF SETTING GOALS	23
FUTURE STRESS.....	29
CONTROL, CHOICE, AND PERCEPTION	31
I EXPECT YOU TO LOVE THIS CHAPTER.....	35
EXPECTATIONS OF CHILDREN	39
IF PARKING IS YOUR BIGGEST PROBLEM, THEN YOU DON'T	
HAVE A PROBLEM.....	41
YOU BREAK IT OR YOU MAKE IT... IT'S YOUR CHOICE.....	45
A TRUE-TO-LIFE DAYMAKER EXAMPLE: FROM ME TO YOU.....	51
TGIM: THE WORK SECTION <i>IT'S YOUR LIFE'S</i>	
WORK	55
A RAISE WON'T RAISE YOUR LIFE	57
SORRY, IT'S OUR POLICY NOT TO ENJOY MONDAYS.....	61
"SCOTT, YOU ONLY WORK 9-TO-5, WHAT'S UP?"	63
WE NEED TO MEET ABOUT TOO MANY MEETINGS... ..	67

Thank Goodness It's Monday

TAKE A MINI-VACATION (A.K.A. LUNCH)	71
RESPECT FOR THE ABSENT.....	75
IF AT WORK YOU FEEL LIKE EGG IN THE MICROWAVE, THEN YOU MIGHT HAVE A PROBLEM	79
PERSPECTIVE POINTS: THANK-YOU FOR THE IPOD!.....	83
PERSPECTIVE POINTS: ALL THAT AND A BAG OF CHIPS	85
PERSPECTIVE POINTS: FIRE!! OH, I'M SORRY...I MEANT "YOU'RE FIRED!"	87
WHEN ONE DOOR CLOSSES.....	89
TGIM: THE DRIVING SECTION <i>LIFE IN YOUR</i>	
CAR	93
TRAFFIC HAPPENS	95
TRAFFIC REPORT	97
AMERICAN CAR IDOL.....	99
DO YOU ARGUE WITH STOPLIGHTS?	101
MY GRANDMOTHER CUT YOU OFF	105
THE "ANGRY HORN"	107
THE "HURRY HORN"	109
THE "BYE-BYE BEEP"	113
RANDOM ACTS OF CAR KINDNESS.....	117
IN CONCLUSION.....	119
ACKNOWLEDGEMENTS.....	123
A LITTLE MORE ABOUT TGIM	125

Introduction to T.G.I.M.

Employee #1: *"Hey, how's it going?"*

Employee #2: *"It's Monday."*

Employee #1: *"Yeah...I know what you mean."*

Does this conversation sound familiar to you? Perhaps it's even a part of your own Monday morning repertoire? If your answer to either of these questions is "yes," then you have chosen this book well, and I guarantee that after reading it, your workweek will never be the same again.

After witnessing this weekly "greeting" every Monday for a number of years, my curiosity finally got the best of me. I wondered what had happened that made it acceptable for people to answer the question, "How are you?" merely by uttering the day of the week. I was determined to figure this out.

My inquisitive nature took over. I began spending a considerable amount of time speaking to, and observing, a broad range of people from all walks of life — and I noticed something. I noticed that at some point in time, it had become socially acceptable to use the word "Monday" as an emotional adjective.

The word "Monday" — originally defined as one of the seven days of the week — had morphed into a word representing feelings of dread, anxiety, frustration, monotony, and mediocrity for most people. Monday is no longer just a day of the week; it's a mindset — and a very cynical one at that. For you to experience this firsthand (as I did), I'd like you to try a little experiment...

The first half of the experiment is performed on a Monday morning. The next time you're at work on a Monday,

Thank Goodness It's Monday

periodically take some time to sit back and observe the body language and the dialogue occurring amongst your co-workers.

Regardless of whether your Monday is spent working at the office or out running errands, the results will essentially be the same. You will discover that it is virtually impossible to observe or to carry on a conversation without having someone pipe up with “It’s Monday.” Mid-conversation.

This expression pops up during phone calls, in meetings, on errands, throughout emails, and around the water cooler — every Monday! We don’t realize the degree of negativity that bombards us week after week after week. It would be naïve to believe that a consistently pessimistic attitude won’t have a detrimental impact on people. Honestly, why *wouldn’t* people be miserable on Mondays?

So, here we are. We know how the hate of Monday propagates; but do we know where it originates from, or why it doesn’t translate to any other day of the week?

Or does it...

As we leave Monday, we encounter its immediate neighbour, Tuesday. So, what’s the deal with Tuesday, or rather — what **isn’t** the deal with Tuesday? This is the day of the week that signals the end of the dreaded Monday. You see, Tuesday’s claim to fame is simply that it isn’t Monday. Many institutions even celebrate this fact by offering cheap movie nights and discounted lunch specials. Perhaps the phrase, “Thank Goodness It Isn’t Monday” would be appropriate.

After a night at the movies, the next morning brings Wednesday, the weekday otherwise known as “Hump Day.” As we approach noon on Wednesday, we pass over the hump —

our midweek milestone. We've battled, we've persevered and we've successfully conquered the beginning of the week...so far. After noon on Wednesday, well, it's all downhill from here. NICE! Thursday...here we come!

As we near the end of the week, we slide into Thursday. It is interesting to note that Thursday isn't known so much for the day itself either,¹ but instead for the very important day that it precedes...FRIDAY!

HOW TO GET THE MOST OUT OF THIS BOOK

- At the end of most of the chapters in this book, you will find a box (like this one) meant to help you translate the ideas of that chapter into real changes in your life.
- Each box contains one of the following: (1) a choice for you to make about how you want to live your life; (2) a wake-up call to remind you of what's most important in your life; or (3) a challenge, with action steps to help you implement one of the "big ideas" in this book.
- I encourage you to read the information in these end-of-chapter boxes carefully, and then put it into action.
- Remember: reading this book is a great first step, but real change can only come from your actions. So get going!

¹ Ever since *Friends* went off the air, Thursday lost its appeal as a stand-alone day. Oh, they tried to fill void with shows like *Survivor*, but it's just not the same.

T.G.I.F! Thank Goodness It's Friday!!!

We've all been impatiently awaiting its arrival — and now, after four painful days, it has finally arrived.

Friday is back!

Today we complete the second half of the experiment that we began at the start of the week. Today — just as you did on Monday morning — observe the tone of the people around you, and take some time to ask them how their day is going. In fact, I dare you to ask the **same** person who gave you the miserable “It's Monday” reply at the beginning of the week how they're doing this morning. The answer that you'll get to today's question? Well...

“It's Friday!” (of course).

Does this sound at all familiar? In the previous chapter, we discussed how there has been a major transition in the interpretation of the word “Monday.” We talked about how the meaning of “Monday” (the day) has evolved into “Monday” (the adjective).

Well, it turns out that Friday is not so different from Monday. The word “Friday” has also come to possess a universal meaning. The main difference between these two days and their meanings? “It's Friday!” translates into “Let's celebrate!” Unlike Monday mornings, people are actually HAPPY on Fridays.

On any given Friday, the air feels fresher, the grass looks greener (regardless of the weather), and the person you've been avoiding since Monday is now someone that you're happy to go to lunch with. Because hey, it's Friday for crying out loud! Let's celebrate!

Thank Goodness It's Monday

But wait, it isn't just Friday, it's "Casual Friday!" Now we can really break out from those crazy corporate casual dress rules.² And don't forget: longer Friday lunches. Why not kick off a little early today? Let's save the whales! Today we can accomplish anything we put our minds to! Hey, look! Someone ordered a pizza for lunch! It's Hawaiian shirt day, and next Friday is Toga Day!³ And, of course, being the end of the workweek, we're all anticipating what comes next...Saturday! Now it's REALLY time to start living!

So today is Saturday, and now we're lying in bed wondering where we're going to find the time to accomplish all of the things we'd like to get done before the weekend is over. But why do the weekends seem so short? What are we doing wrong? Maybe we're missing balance in our life? Perhaps it may be time to implement that "Work-Life Balance" philosophy that we've heard so much about?

If we intend to try and balance the two (our "work" and our "life"), then we first have to separate them. But if we are planning to separate and then balance the time we spend "working" and the time we spend "living," then we need to start living right now while there's still time! Saturday is the one full day and night that we have to "live!"

² See *Employee Handbook*, Section 22, Page 423, Subsection 12.42. Go ahead, test me — it's there.

³ The author disclaims all responsibility in the event someone actually attempts to implement a Toga Day at work after reading about it in this book. I would suggest that you call in sick on Toga Day — it's never very pretty.

A Guide to Enjoying Work, Home, and the Journey Between

Saturday and Sunday must be reserved to cram in all of the stuff that we didn't have time to finish during the workweek. Throw in the kids, and now your day is full before you even get out of bed in the morning. But don't worry because *Saturday night's gonna be alright!*

Tonight's the night that we finally get to go out and paint the town red until the wee hour of 9:30 PM! After our late night out, it's off to bed to prepare for the final day of the week (and the weekend): Sunday.

Sunday...the last day of the weekend before Monday returns. You can try and relax all that you like on a sunny Sunday afternoon, but in the back of your mind you know that come sunrise, Monday arrives once more. And there's nothing you can do about it.

So now Monday returns and we've come full circle. As the blinding sun enters your bedroom window, your alarm goes off, and from somewhere in your gut you muster the energy to crawl from your warm and cozy bed. You make it into your car and somehow arrive at your desk — although you have NO memory of the trip. As you sit down, your manager enters, catching your eye from the door. As she approaches your desk, you smile, nod, and ask her how she's doing on this fine morning. Her reply? "It's Monday." Once again.

Out of curiosity, does anyone else have a problem with this set-up? Is it any wonder that we all hate going to work on Mondays? That we seem to constantly stack the weekly deck in Friday's favour? Cramming all of the workweek festivities into a single day casts a pretty dismal shadow over the rest of the week. How can Monday possibly compete?!

Thank Goodness It's Monday

So how DO we make Mondays work? In fact, never mind how DO we, but CAN we make Mondays work? How do we find a sense of peace and balance between the “working” portion and the “living” portion of our lives from Monday to Sunday, from month to month, and from year to year?

If you would like to learn how to enjoy your work, your week, and your life...then read on, my friend.

YOUR CHOICE:

ENJOY FRIDAYS, OR ENJOY EVERY DAY?

- Monday and Friday have become adjectives instead of days of the week – one meaning “Let’s just get through this nightmare” and the other meaning “Let’s celebrate!”
- We reserve all of the workweek festivities for Friday, and plan nothing good for Monday, which we just assume is going to be terrible.
- If we’re going to make Mondays work, we have to stop reserving happiness for a single day of the week and part of the weekend, and learn how to enjoy life every day.
- So what do you choose? To enjoy Fridays (and maybe Saturdays), or to enjoy every day of your life, year after year? It’s up to you.

An easy to read and even easier to implement guide to enjoying what you do, wherever you do it. TGIM tackles the problem of people allowing their happiness to be dictated by the day of the week.

Thank Goodness It's Monday

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/4416.html?s=pdf>