Monday Morning Choices
12 Powerful Ways to go from Everyday to Extraordinary

WORKBOOK
Introduction:

Change Your Mondays
and Change Your Life

Your personal definition of success is:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Barriers to achieving the success you desire:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

The differences in successful people and those who have not achieved success:

✦ Successful people make better choices
✦ Successful people do the little things that make a big difference
✦ Successful people recover quickly from bad choices

Personal choices mold our __________________________________________________

Action choices lead us toward ______________________________________________

Investment choices invest in people who will make our lives______________________

Making choices is a _________________________________________________________

Change Your Monday … Change Your Life!
#1

The No Victim Choice …
Don’t Let Your Past Eat Your Future

A victim is a person to whom life ________________.

The no-victim choice requires you to move forward regardless of the ____________, bad ___________ or bad ____________.

Describe the differences between being a passenger or a driver:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

It is not what happens to us … but how we ____________ to what happens that determines our success.

Why will continually considering yourself a victim ultimately destroy you?

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________________________________________________________________________

________________________________________________________________________

Monday Morning Discussion Questions

1. Why is it so easy to fall into the victim mentality?

2. When have we been victimized in the past, and how did we respond?

3. Is it really possible to accept total responsibility for things that happen to us? Does the buck really stop with us?
#2
The Commitment Choice …
Be Passionate Enough to Succeed

Describe the differences between being committed and being interested:

________________________________________________________________________

________________________________________________________________________

Why does commitment fade over time?

________________________________________________________________________

________________________________________________________________________

Writing your goals down is important because ________________________________

Don't allow the fear of failure cause you to __________________.

What are the attributes of people who are passionately committed?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Monday Morning Discussion Questions

1. Do you have to be passionate about something to be committed?

2. Can you be committed to both work and family at the same time?

3. Name a person who is an inspiration to you. Describe the traits of that person. Are “passionate” and “committed” two of the traits you described?
#3

The Values Choice …
Choose the Right Enemies

Do all successful people have enemies?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

You cannot invest your self worth solely in what ________ think about you.

Who are your enemies and why?

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________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What makes you different from your enemies?

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Monday Morning Discussion Questions

1. Why does success create enemies?

2. Describe what values you have that are non-negotiable, at work and at home.

3. Is it possible for enemies to make us stronger and better?
#4

The Integrity Choice …
Do the Right Thing

What is your definition of integrity?

________________________________________________________________________________

Compare the traits of people you trust with others who are not trustworthy.

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<th>Traits of People You Do Not Trust</th>
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When is it okay to sacrifice your integrity?

Monday Morning Discussion Questions

1. When is our integrity challenged at work?

2. Is it possible to be absolutely honest with every person?

3. Can you give an example of when a person lost everything because of losing integrity?
#5

The Do Something Choice …
Don’t Vacation on “Someday Isle”

Describe the people on Someday Isle:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

The more you learn, the more you will be able to ____________

Name three things that you can begin doing right now to learn more so you can earn more:

1. ______________________________________________________________________

2. ______________________________________________________________________

3. ______________________________________________________________________

One of the greatest mistakes you can make is to be paralyzed by the _______ of making a mistake.
The key to overcoming fear is to continue _______ _______ despite your fears.

Doing nothing can be ____________ to your success.

Monday Morning Discussion Questions

1. What prevents us from moving off Someday Isle?

2. What would happen in our organization if every person decided to get serious about reading and committed to reading one book a month?

3. Name three things you have observed that the most successful people within your organization consistently do differently from everyone else.
#6
The Persistence Choice …
Learn from Failure

What is your definition of courage?

____________________________________________________________________

____________________________________________________________________

How do you know when to continue or when to let go of your dream?

____________________________________________________________________

____________________________________________________________________

Most successful people fail _________ and _________ _________ than the average person.

Monday Morning Discussion Questions

1. Was there a time when you were ready to quit right before a breakthrough that enabled you to continue and achieve greater results than you expected?

2. What was the most significant “failure” in your life, and how did you move beyond it?

3. Is there any such thing as permanent and absolute failure?
The Attitude Choice …
Take the Enthusiastic Approach

What is the root meaning of the word enthusiasm?

____________________________________________________________________________________________________________________

How powerful is your attitude when it comes to work, health and relationships?

____________________________________________________________________________________________________________________

Why is having a negative attitude so much easier than having a positive attitude?

____________________________________________________________________________________________________________________

Describe the attitude of the most successful people you know.

____________________________________________________________________________________________________________________

Name the six laws of growing optimism:

1. ____________________________  
2. ____________________________  
3. ____________________________

4. ____________________________  
5. ____________________________  
6. ____________________________

Monday Morning Discussion Questions

1. What if everyone imitated our attitude? What impact would that have on the organization?

2. Can you name a person you respect who has a negative, cynical attitude about work and life?

3. What actions can we take to create a more positive attitude within our organization?
Every successful person has faced, attacked and __________ adversity somewhere along the way.

When adversity arrives, we have to make a choice. We can choose to become __________ in the quicksand of self-pity – immobilized, stuck and unable to move ahead. Or, we can make the choice to do what is necessary to __________ and __________ adversity.

Chris Novak’s Six Suggestions to Attack Adversity:

1. _______________________________________________________________________
2. _______________________________________________________________________
3. _______________________________________________________________________
4. _______________________________________________________________________
5. _______________________________________________________________________
6. _______________________________________________________________________

Monday Morning Discussion Questions

1. Can you give an example of when adversity attacked and ultimately turned out to be a blessing in disguise?

2. How can we help those within our organization who are going through adversity right now?

3. How can we use Chris Novak’s six-step process to work through adversity within our organization?
#9
The Relationship Choice …
Connect with Success

What can we learn from how the bees survive the winter?

__________________________

__________________________

______________ are a requirement for success. You cannot achieve success alone.

Be careful in whom you invest your time. We become like the five people we hang around the most, which could be a __________ or a __________ .

The five steps to cement relationships:

1. ____________________________

2. ____________________________

3. ____________________________

4. ____________________________

5. ____________________________

Monday Morning Discussion Questions

1. What relationships have an impact on our success?

2. How much time do we invest in mentoring others through tough times?

3. What can we do to develop a positive relationship with all those around us?
#10

**The Criticism Choice …**

**Embrace Tough Learning**

We all have critics and having critics is ____________.

Why should we choose to embrace criticism?

__________________________________________________________________________

__________________________________________________________________________

The healthy approach to criticism is to pay attention to it. Always ____________ with the intent to ________________ .

Constructive criticism is a ________________ . Accept it graciously.

**Monday Morning Discussion Questions**

1. Why is our natural instinct to become defensive about criticism?

2. Can you name a time when the criticism you received was the catalyst to your success?

3. Is there a time when criticism can be correct but wrong?
#11
The Reality Choice …
Face the Truth

Why is reality so difficult for us to see?

Why is the choice of reality necessary for a successful life journey?

Do you stop long enough for a reality check? Why not?

Monday Morning Discussion Questions:

1. Think of a situation in which you refused to choose reality. Were there any consequences – positive or negative – resulting from that choice?

2. What is a current reality for you? Are you choosing it or ignoring it? Why?

3. Has there ever been a reality for your team that you saw but were afraid to point out? What happened?
The Legacy Choice …
Give Your Gift

Why is the legacy choice important to your success?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

When do you begin leaving your legacy?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

How can you give back beginning right now?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

We should choose to give because it is the ____________ thing to do.

The Law of Legacy: What we do for others eventually comes back to us, ____________!

Whatever you have learned, whatever you possess, is not yours to ____________. It is yours to ____________ ____________. 

Monday Morning Discussion Questions

1. Think about those who have shared their legacies with you: a relative, a coach, a professor, or your current boss. Discuss how this has made a difference in your life.

2. What specific legacy do you think you can offer to another?

3. Think of opportunities for your team to provide a helping hand to someone in need of help – in your office or your community.

May life’s journey bring you good choices, success, and prosperity!