

Monday Motivation

**HOW MANY
MONDAYS
HAVE BEEN AND GONE
SINCE YOU SAID
'i'll start next week'?
TAKE ACTION
START TODAY**

I'll start Monday... How many times have you said that to yourself? I know that I have said it SO MANY times.

And what happens leading up to Monday? Nothing. Well no, I take that back, many times I make worse choices in the days leading up to Monday than I would have otherwise.

And what happens on Monday? Usually something comes up. There are all kinds of "good" excuses. Monday ends up not being an

good day, so we put it off...till the next Monday...again.

Don't wait for Monday. Don't wait for it to be the perfect day. Decide to make a positive change today. Tomorrow will not be easier. The only way to make a change is to follow the marketing advice of a well known sneaker company and "Just Do It".