Seven days ‘til Sunday

Jack West

Monday Fun-day?

Starting sunny side up

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ondays are the end of the weekend, the beginning of another long week, and a reminder that time does not stop. Instead of futilely trying to beat Mondays, I am going to embrace them, or at least try.

A mother I follow on Facebook recently posted about how she found the joy in waking up early, exercising, and getting an early start to the work day. In the battle that takes place every Monday morning, when the alarm seems to scream louder and seems to arrive earlier, my Facebook friend chose the “bring on the day” approach.

I try to think of Mondays as a reel from a movie where the main character is getting a lot accomplished, with a motivating song.

Mondays happen every single week, 52 weeks a year, so instead of trying to beat the inevitable, it is easier to “join ‘em” as the famous saying goes.