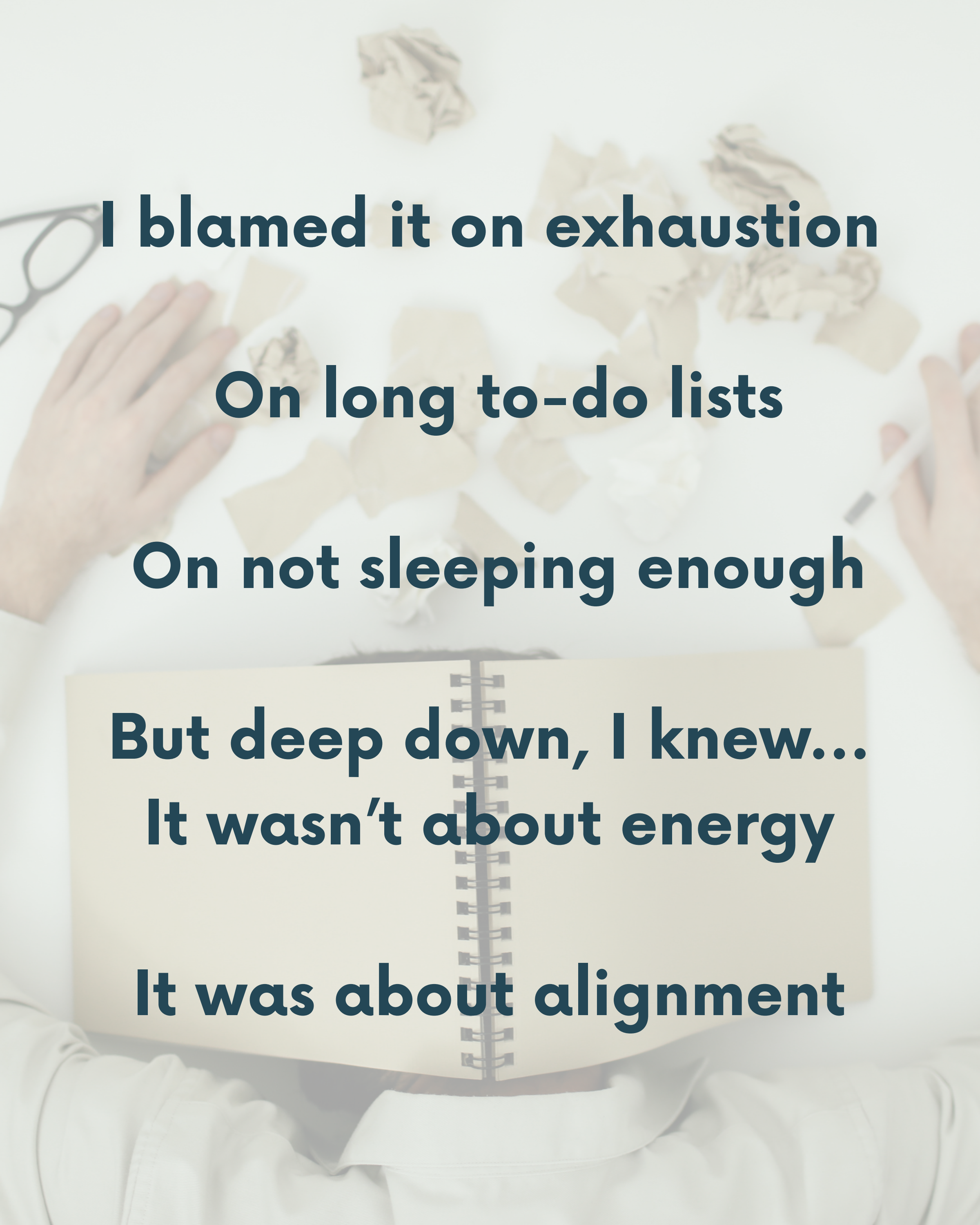


**MONDAY
IS
MY ENEMY**



**I USED TO THINK
I WAS THE PROBLEM**



I blamed it on exhaustion

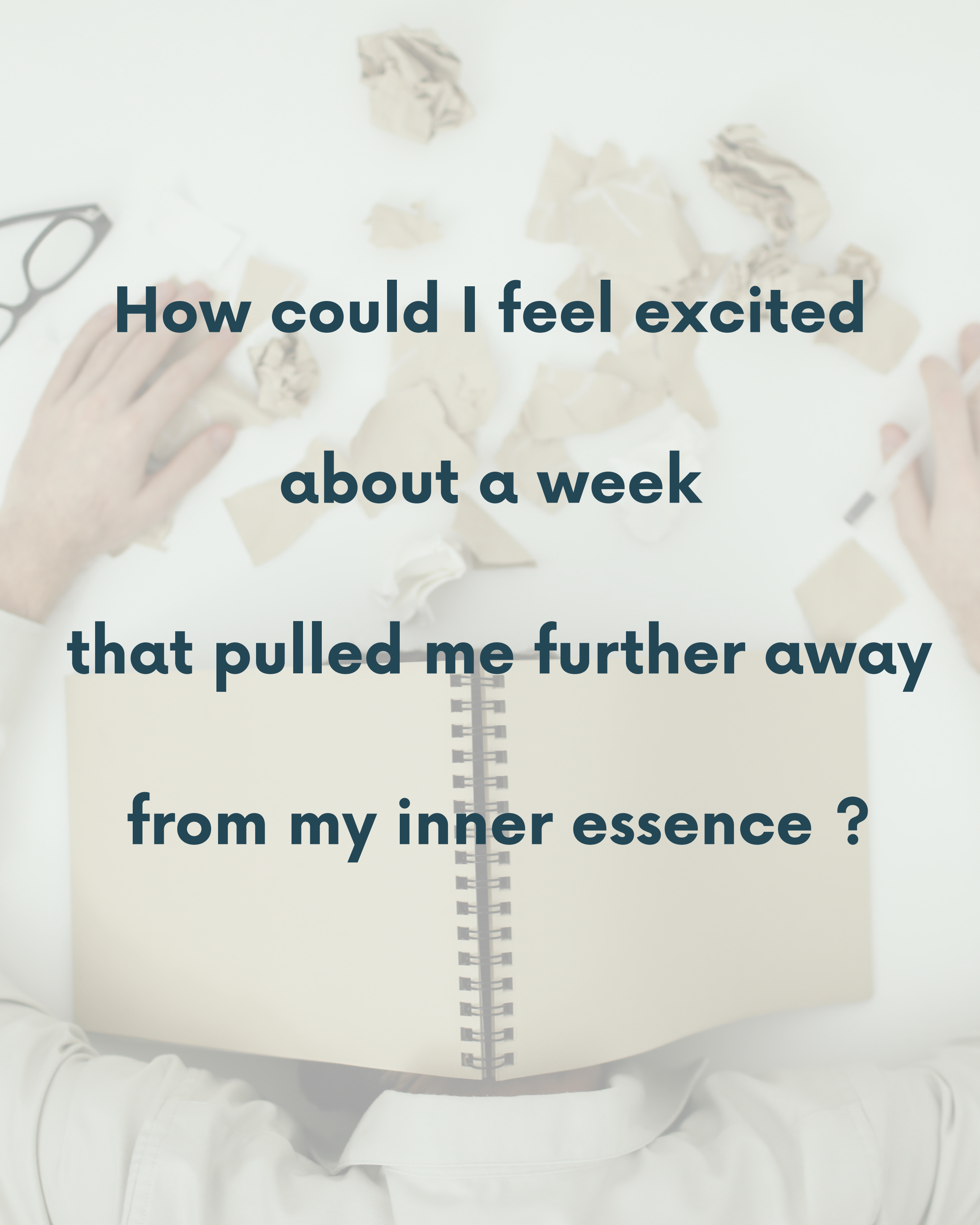
On long to-do lists

On not sleeping enough

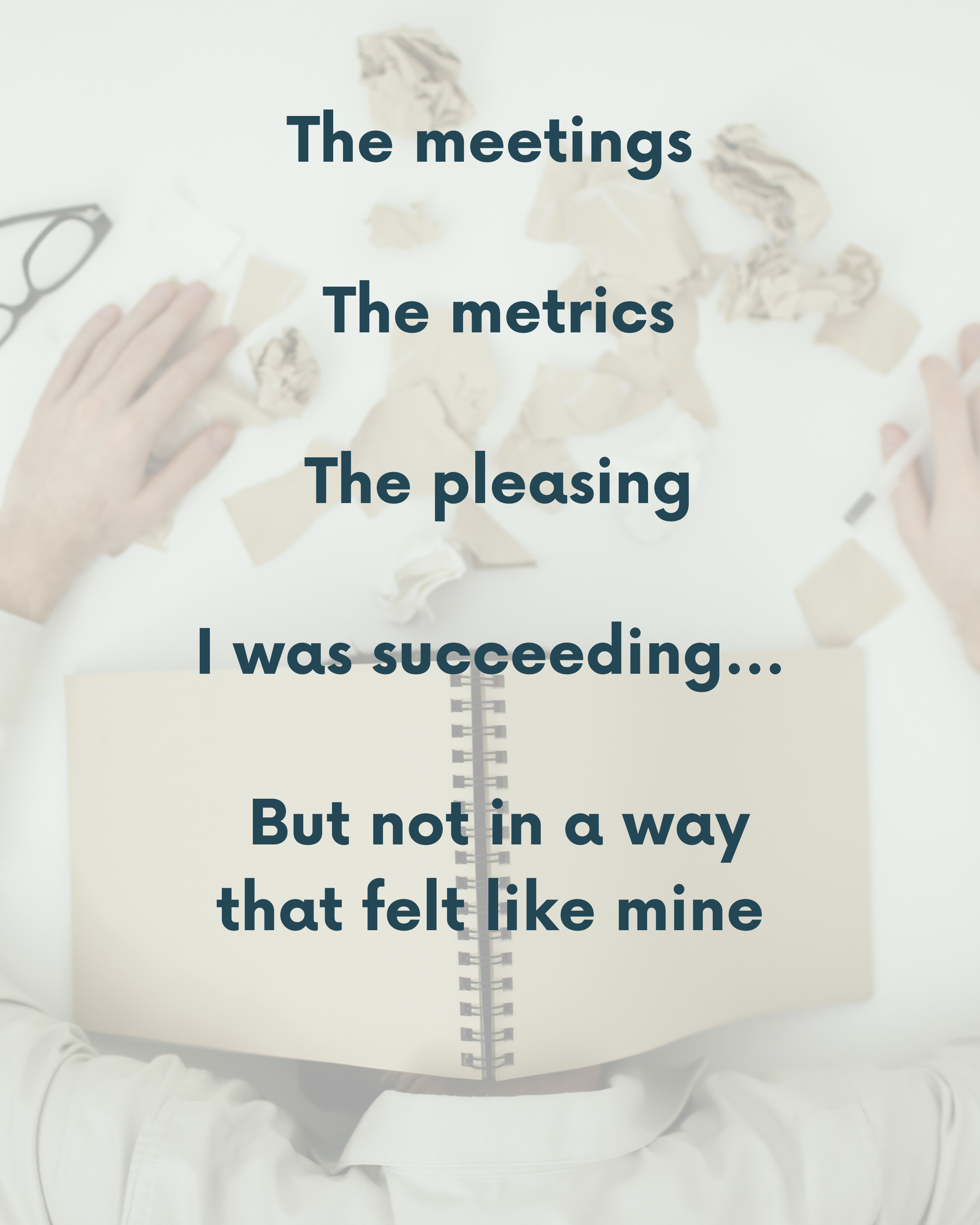
But deep down, I knew...

It wasn't about energy

It was about alignment



**How could I feel excited
about a week
that pulled me further away
from my inner essence ?**



The meetings

The metrics

The pleasing

I was succeeding...

**But not in a way
that felt like mine**



Here's what I know now:

You don't hate Mondays

**You hate starting a week
that doesn't reflect you**



HOW DO YOU BREAK THE CYCLE ?

Stop reacting

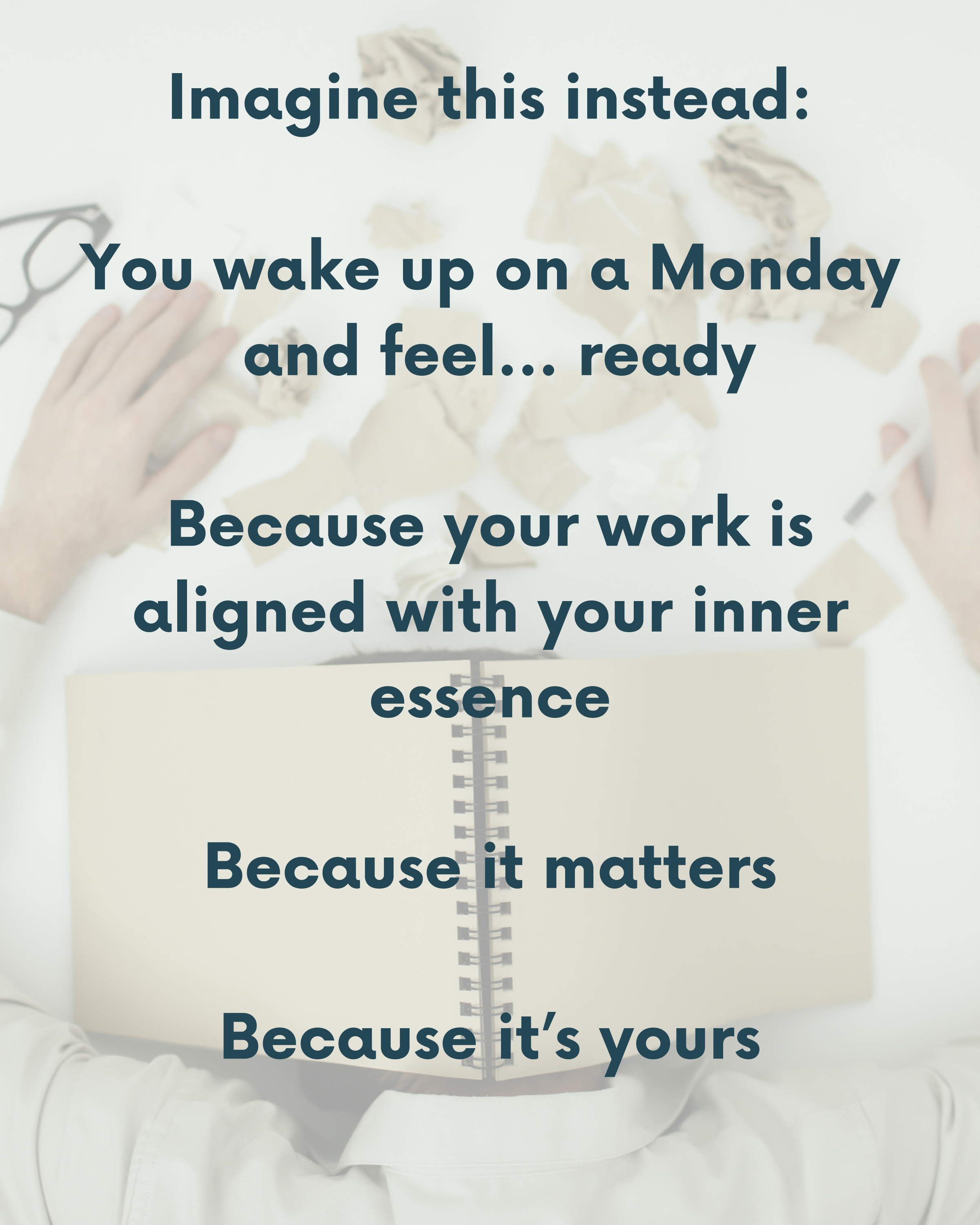
Start choosing

A background image showing a pair of hands holding a spiral-bound notebook. The notebook is open, and the pages are blank. There are several pieces of crumpled paper scattered around the notebook. The hands are wearing a light-colored shirt. The overall tone is soft and contemplative.

👉 What does freedom look like in my career?

👉 What kind of work reflects who I am becoming?

👉 Where am I still performing instead of expressing?

A person wearing a white shirt is shown from the chest up, with their hands raised in a gesture of excitement or readiness. They are positioned behind a desk. On the desk, there is a spiral-bound notebook with a light brown cover, several yellow sticky notes scattered around, and a pair of glasses on the left side. The background is a soft, out-of-focus white.

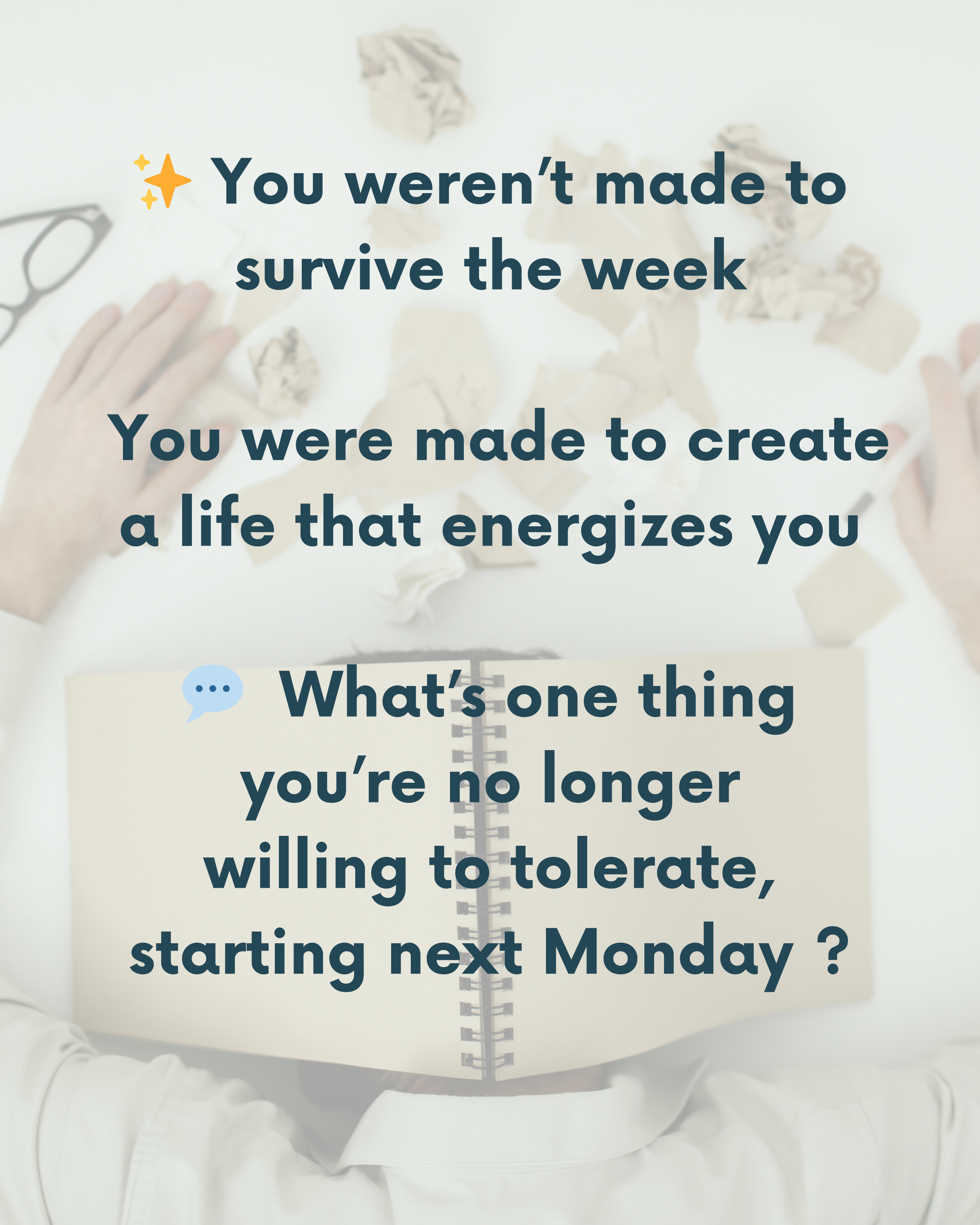
Imagine this instead:

**You wake up on a Monday
and feel... ready**

**Because your work is
aligned with your inner
essence**

Because it matters

Because it's yours



✨ You weren't made to
survive the week

You were made to create
a life that energizes you

💬 What's one thing
you're no longer
willing to tolerate,
starting next Monday ?