



Monday Morning Choices: 12 Powerful Ways to Go from Everyday to Extraordinary

David Cottrell

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Learn to make the right decisions to achieve greater success

Each of us has a different idea of success. Whether you strive for money, power, happiness, or love, your personal choices, the actions you take, and the relationships you choose to invest time and energy in, will determine whether you reach your goals. Internationally recognized leadership coach David Cottrell will show you how to make the right choices, even when they're hard.

There are character choices that define the person you will be on the road to success. Cottrell shows you how to make *The No-Victim Choice* to overcome roadblocks, and *The Integrity Choice*, to listen to your gut and do the right thing, even when it's not the easiest thing to do.

There are action choices you make to continue on your path to success. *The Persistence Choice* encourages you to bounce back from failure and learn lessons that will lead to your future success. *The Do-Something Choice* lets you to stop dreaming and start doing the things that will make you happy and successful.

Finally, you make investment choices about the people you spend time with and develop relationships with. *The Relationship Choice* teaches you to invest your time in other successful people in order to contribute to your own future success.

Learn to make all these choices and many more in *Monday Morning Choices*, and find yourself on the fast track to success!

Monday Morning Choices: 12 Powerful Ways to Go from Everyday to Extraordinary Details

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Author : David Cottrell

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Julia says

pedantic and obvious, I still might recommend it to someone that didn't know they were in control of their life.

Leslie Shreve says

Who should read this book? Any person who wants to continuously improve and be successful; any leader who wants to improve their leadership abilities; any business owner who wants to be inspired and take their business to the next level.

Here 19s what you can learn from this book:

1. The three categories of choice you can make that give you the foundation for success, the movement toward success and making your success lasting and meaningful.
2. The 12 types of choices a person can make, including choices about integrity, values, relationships and reality.
3. That no matter how you define success, you create it by making better choices and that 19s something you can practice every day.

This book is great for teaching or reminding everyone that successful people are successful because they know how to make really good choices and they also know how to recover from their bad ones.

Everyone makes mistakes and bad choices, but successful people don 19t let that define them. And it 19s not that making choices is any easier for successful people, but they know how to stick to their plan, persevere and see things through. It also reminds us that having choices is truly a privilege and that if we use that gift we can change or improve any area of our personal or professional life.

Jeanne Boyarsky says

"Monday Morning Choices" is not a book I picked for myself. I asked my company HR library for a couple time management books. Some were unavailable so the HR person recommended this. It was short so I read it anyway. Sometimes you learn interesting things from books others pick out. This also means I had no expectations going in.

I found the book to be more motivational in nature. Plenty of stories about why the 12 "choices" are important. Each chapter ends with more motivational quotes. Each chapter also ends with discussion questions for how this applies to you.

I was disappointed by the lack of practical low level examples/techniques. I was entertained by the book though.

Jerry Smith says

Love the idea that everything is a choice and that we can set aside time to chose success basically. The first chapter sets the tone, we chose whether to be a victim or not and that is perhaps key to how we address the other areas. Not a huge amount of new insight but this stuff always bears repeating.

Quotations at the end of the chapters are very good

LaShawn says

Read in an hour and 15 minutes! Solid book on transforming your perspective and attitude about your work, resulting in a positive and effective path to success. It offers the reader a true choice at how to look at your 'Monday' and what to do to make a great choice. Full of reflection questions and powerful quotes that stick with you. Great personal development selection.

Sara says

Quick read, very good points. A bit male centric but I want to listen to audio with my boys. Clear, realistic and inspiring points to directed your focus in life towards the positive. Read it with an AMAZING group of professional women at College of Dupage. Thanks!

Breann says

I read this while screening books to give to younger professionals transferring in to my department at work. The book contains solid advice that is most relevant for the post-college, 20-something crowd. Still, it contained a few good reminders for seasoned professionals as well. While the author suggests reading a chapter every Monday for 12 weeks, it can be easily absorbed in an afternoon.

Laura Radniecki says

This book was an easy and quick read, and contained a lot of helpful information. Nothing that I hadn't read before, I don't think, but all in one nice package.

I didn't feel all that moved by any of the information, or super inspired really. It was good but not excellent, to me.

I'm a solo entrepreneur, so this book wasn't really written to be read alone at my house. It's written to be read

and discussed in a group at a workplace, and maybe that would have made it more revolutionary to me.

Either way, I'm glad I read it.

Matt says

High on platitudes and "inspirational" stories that, low on any really unique insights. Cottrell's stories felt kind of stale and dated and, falling into the trap of too many self-help books, writes at a very low reading level and reuses too many of the same writing techniques ("Webster defines such and such as...", "Look around at your friends, I'll bet they...", etc). Too easy to read, not engaging or unique. I wanted more.

Ryan Dejonghe says

This book was a lot better than I thought it would be—it's a combination of a little bit of everything. I spotted many different success philosophies that mirrored other popular programs, such as Franklin-Covey, Bucket Fillers, and The Secret. I even spotted some similarities from the book THE ART OF RACING IN THE RAIN (great book, if you haven't already read it). This book has many bits of motivation that will offer everyone at least something new and refreshing.

Some of the vital take-aways for me include:

- Don't play the victim; we are responsible for how we handle the situation.
- Write out your goals.
- Integrity—you either have it, or you don't. It's not part-time.
- Read every day.
- Winners keep winning.
- The greatest mistake is the fear of making a mistake.
- You reap what you sow.
- How can I best use my energy now?

There is much more included in this book. It is good to either read all at once, or to read in dedicated sessions over a period of time. This is easily one of the better self-help or personal success books I have read.

Akbar says

Monday Morning Choices focuses on 12 different ways one can change (from steering clear of a victim mindset to reducing procrastination). The book is set up so each chapter is read weekly and then is discussed with peers/reading group on how the subject of that particular chapter could be implemented for individuals and/or within organizations. Overall, I think the book covers some great points and the way Cottrell is able to personalize some of the chapters by sharing a few of the tragedies and hardships that he has overcome makes the book that much more real and the message much more personal.

Aggressor says

I expected this book, from the title alone, to give advice on how to start out the week on Monday to set the tone for a productive and fulfilling work week. It's more of a motivational book that tries to get the reader to look at life in a positive light and make choices accordingly. It wasn't a bad book, I'd recommend it (or select chapters) to others if the lesson was appropriate. When I bought the book, I also planned to get the Cottrell books on Leadership and Mentoring, I think I'll browse those books a little more before deciding to buy though.

Sarah says

The concept behind this book is that you & your boss or team at work get together every monday morning and discuss one of the 12 chapters of this book. The concept I love, and that part worked well, but the content of the book was so-so. After you read enough professional development, leadership, live up to your career potential kind of books, they all start to quote each other and it gets pretty unexciting and dull to read. Decent book, but not entirely captivating. Famous quotes at the end of each chapter were good.

Despite the content being so-so, there were a few concepts that hit home with me, particularly the parts on choosing to be enthusiastic and choosing to not be a victim. The way our lives and careers turn out is a direct result of the millions of choices we make, even little every day choices like wearing a smile and loving and serving others.

Here are the 12 choices to make, according to the author (sorry, I didn't write down all the subtitles):

1. The No Victim Choice...Don't let your past eat your future
 2. The Commitment Choice...Be passionate enough to succeed
 3. The Values Choice...Choose the right enemies
 4. The Integrity Choice
 5. The Do Something Choice
 6. The Persistence Choice
 7. The Attitude Choice
 8. The Adversity Choice
 9. The Relationship Choice
 10. The Criticism Choice...Embrace tough learning
 11. The Reality Choice...Face the truth
 12. The Legacy Choice...Give your gift
-

Sam Klein says

Considering I read this for work and journaled in my work diary after it was nice to have these self help triggers. Overall it's exactly what you'd expect from a self help book but I think there is some value in reading this book every Monday and thinking about each choice. In fact I've been wanting to find other books that are like it so continue my self help tradition. I want short chapters and an over arching theme.

Most of all I thought this book made me more literate at conveying my hipster negativity and cynicism into

type A thoughts and actions. If you're like me your lazy, distracted, never been in a true crisis, been or criticized. This book make you consider that really it's up to you and the mentors you choose to better your life and career.

Jessica says

There are some valuable tips in the book. I especially liked the sections on goal setting and leaving your legacy. I appreciated the discussion questions and quotes at the end of each chapter.

I disliked the section about knowing your enemies. I guess it's the word "enemies" that bothers me. I get that there will be people that don't agree with my choices, but I've never considered them enemies.

Much of the writing is obvious, so it makes it a fast read. If you need a quick pick me up, you might enjoy this book to help you refocus your life.
