

# The #1 Thing You Should NEVER Do On A Monday

Let's be real: you hate Mondays. Your Inbox is overflowing, your voicemail is full, and you're drinking your body weight in coffee just to survive.

Why would it be any different for a recruiter, employer, or connection?

Here's the #1 thing you should NEVER do on a Monday...

## **Rule #1: Don't Ask For Anything On Mondays**

Don't ask people to do things for you on Mondays.

- Don't call and follow up on a job.
- Don't call and check the status of your application.
- Don't call about positions.
- Don't try to hard-sell yourself or your business to anyone.

The Reason: Because people are coming off of the weekend, and they have something we call the "Weekend Flu." (You know what we mean.)

No one's on their A-game on Monday. It's just a fact. So, it's generally a bad idea to add to their workload.

"When they feel pressure, when they feel like someone's asking something of them, they can take it the wrong way," said J.T. O'Donnell, LinkedIn Influencer and founder of CAREERREALISM. "They can have kind of a negative reaction to that person because of the timing of the request."

So, don't ask for anything on Monday. Don't push your agenda. It could end up backfiring pretty badly.

Does that mean you can't do any networking Mondays? No, absolutely not! So, what can you do instead?

## **Rule #2: Give On Mondays, Don't Receive**

Instead of asking for things on Mondays, give things. Here are some productive things you can do on a Monday without being a burden to your contacts:

- Share an article with a connection
- Endorse a connection
- Recommend a connection

And, if you want to do other job search activities, you can...

- Plan your networking efforts for the week

- Research companies
- Research individuals

During the rest of the week, you should be asking people to connect, following up on jobs, and so on. But NEVER ask for anything on a Monday!