

10 Game-Changing Hacks to Love Mondays: Turn Dread Into Your Favorite Day

Mondays get a bad rap. For most people, it's the day they dread the most—when the alarm feels louder, the coffee isn't strong enough, and the weekend feels like a distant memory. But what if Mondays could actually be something you look forward to? Yes, it's possible! By making a few simple tweaks to your mindset and routine, you can transform the way you feel about the start of the week.

Dear
Monday,
you're not
my favorite,
but let's try
to get along.

#STUNNINGNEWLIFEBLOG

