

# DO MORE in MARCH

Instead of being 'busy' try to do more of the stuff that works for you - the things that make a difference and increase your well-being and your effectiveness.

1 <sup>st</sup> <b>DO MORE LISTENING</b> When you talk, you are only repeating what you already know. But if you listen, you may learn something new." Dalai Lama	2 <sup>nd</sup> <b>DO MORE "ME" TIME.</b>	3 <sup>rd</sup> <b>DO MORE TO HELP OTHERS</b>  "We rise by lifting others."	4 <sup>th</sup> <b>DO MORE POSITIVE SELF-TALK</b> This week use a positive and encouraging voice when you talk to yourself.
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5 <sup>th</sup> <b>DO MORE OF WHAT WORKS FOR YOU.</b>	6 <sup>th</sup> . <b>DO MORE TO CONTROL</b> You might not be able to control behaviour but you can control your response.	7 <sup>th</sup> <b>DO MORE CHOOSING</b> "The greatest weapon against stress is our ability to choose one thought over another." James	8 <sup>th</sup> <b>DO MORE REFLECTION.</b> Make time to think about how you are feeling today.	9 <sup>th</sup> <b>DO MORE EXERCISE</b>	10 <sup>th</sup> <b>DO MORE POSITIVITY</b> <b>Think about what could go right.</b>	11 <sup>th</sup> <b>DO MORE SMILING THIS WEEK</b>	12 <sup>th</sup> <b>DO MORE BRAINSTORMING.</b> The more you look for options the more chance you have of finding a solution.
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13 <sup>th</sup> <b>DO MORE DREAMING</b> Imagine your best life and work towards achieving it.	14 <sup>th</sup> <b>DO MORE CREATIVE ACTIVITY THAT ABSORBS YOU</b>	15 <sup>th</sup> <b>DO MORE GIVING</b> <b>It's Red Nose Day</b> – why not support this charity?	16 <sup>th</sup> <b>DO MORE SLEEPING</b> Try power napping!	17 <sup>th</sup> <b>DO MORE CELEBRATING</b> Every day focus on recognising your small successes.	18 <sup>th</sup> <b>DO MORE TO SHOW COMPASSION</b> Think about the words you use this week.	19 <sup>th</sup> <b>DO MORE RELAXATION</b>	20 <sup>th</sup> <b>DO MORE SHARING</b> Today is the International <b>DAY OF HAPPINESS</b> Choose to search for happiness today and share it.
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21 <sup>st</sup> <b>DO MORE KINDNESS.</b> Planned acts of kindness reduce stress levels.	22 <sup>nd</sup> <b>DO MORE DANCING or SINGING or LAUGHING</b>	23 <sup>rd</sup> <b>DO MORE TO FIND PEACE</b>  "Calm is a superpower!"	24 <sup>th</sup> <b>DO MORE FRESH AIR TODAY.</b> Get out and notice the world around you.	25 <sup>th</sup> <b>DO MORE REALITY CHECKS</b> This week recognise that stuff happens.	26 <sup>th</sup> <b>DO MORE TALKING TO PEOPLE RATHER THAN USING TECHNOLOGY TODAY</b>	27 <sup>th</sup> <b>DO MORE LEARNING.</b> Check out our Power Ups on YouTube	28 <sup>th</sup> <b>DO MORE QUIET TIME</b>
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29 <sup>th</sup> <b>DO MORE ENCOURAGING</b> Build confidence in those around you.	30 <sup>th</sup> <b>DO MORE TO CONNECT</b>	<p><b>We work with teams to increase effectiveness, success and well-being.</b></p> <p><b>Please get in touch if you think we could be part of your next step.</b></p>		<p><b>SIGNPOST COACHING SERVICES</b> <b>07909808220</b> welcome@signpostcoaching.co.uk</p>		31 <sup>st</sup> <b>DO MORE OF THE MAIN THING</b> Focus on what is important
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