

# FEBRUARY 2020: What's in a Word?

Science tells us that taking a moment to pause can help us to press our own re-set button and increase our well-being and effectiveness. Why not give it a go with our easy to use 'word-pause'. Take 2 minutes to look at each word and maybe wonder what and who it makes you think about.

How do you connect with the word?

<p>5<sup>th</sup></p> <p><b>EMPATHY</b></p>				<p>6<sup>th</sup></p> <p><b>SUPPORT</b></p>	<p>7<sup>th</sup></p> <p><b>BELONGING</b></p>	<p>8<sup>th</sup></p> <p><b>FITNESS</b></p>	<p>1<sup>st</sup></p> <p><b>HONESTY</b></p>	<p>2<sup>nd</sup></p> <p><b>ENERGY</b></p>	<p>3<sup>rd</sup></p> <p><b>KINDNESS</b></p>	<p>4<sup>th</sup></p> <p><b>JOY</b></p>	
<p>9<sup>th</sup></p> <p><b>COMMITMENT</b></p>	<p>10<sup>th</sup></p> <p><b>BRAVE</b></p>	<p>11<sup>th</sup></p> <p><b>CREATIVITY</b></p>	<p>12<sup>th</sup></p> <p><b>FOCUSSED</b></p>	<p>13<sup>th</sup></p> <p><b>CALM</b></p>	<p>14<sup>th</sup></p> <p><b>LOVE</b></p>	<p>15<sup>th</sup></p> <p><b>HAPPINESS</b></p>	<p>16<sup>th</sup></p> <p><b>RESILIENCE</b></p>	<p>17<sup>th</sup></p> <p><b>FORGIVENESS</b></p>	<p>18<sup>th</sup></p> <p><b>POSITIVITY</b></p>	<p>19<sup>th</sup></p> <p><b>CARE</b></p>	<p>20<sup>th</sup></p> <p><b>SUCCESS</b></p>
<p>21<sup>st</sup></p> <p><b>ACCEPTANCE</b></p>	<p>22<sup>nd</sup></p> <p><b>COMPASSION</b></p>	<p>23<sup>rd</sup></p> <p><b>HARMONY</b></p>	<p>24<sup>th</sup></p> <p><b>THANKFUL</b></p>	<p>25<sup>th</sup></p> <p><b>CHALLENGE</b></p>	<p>26<sup>th</sup></p> <p><b>BALANCE</b></p>	<p>27<sup>th</sup></p> <p><b>PEACE</b></p>	<p>28<sup>th</sup></p> <p><b>HEALTHY</b></p>				
<p>In a busy world how often do you just stop for a minute and think about how you are feeling?</p> <p>Boost your energy by practicing giving yourself a break!</p>				<p>We work with teams to increase effectiveness, success and well-being.</p> <p>Please get in touch if you think we could be part of your next step.</p>				<p>SIGNPOST COACHING SERVICES 07909808220 welcome@signpostcoaching.co.uk</p>			<p>29<sup>th</sup></p> <p><b>REST</b></p>