

**JANUARY 2020 Happy New Year!
STOP. START. CHANGE.**

Make 2020 the year you want it to be!

				1 st START! What have you been meaning to have a go at? Maybe a new skill or a new project?	2 nd "A year from now you may wish you had started today." Karen Lamb	3 rd STOP! Do you clutter up your thinking or your time with unimportant stuff?	4 th "The main thing is to keep the main thing the MAIN THING." Covey
5 th CHANGE! Could you practice looking for the silver lining?	6 th "The happiest people don't HAVE the best of everything, they just MAKE the best of everything." Anon	7 th START! Do you challenge yourself and learn even if it's tough.	8 th I am always doing things I can't do. That's how I get to do them." Picasso	9 th STOP! Do you sometimes get drawn to negativity?	10 th "Think about what could go right." Anon	11 th CHANGE! How often do you take time to stop and to re-boot your system?	12 th "The greatest weapon against stress is to choose one thought over another." James
13 th STOP! How often do you get distracted from your main goal?	14 th "Success is the sum of small efforts, repeated day in and day out." Collier	15 th START! How comfortable do you feel when things are new or challenging?	16 th "One must have chaos within to enable one to give birth to a dancing star." Nietzsche	17 th CHANGE! How often do you consciously make a difference to someone's day?	18 th "Success isn't about how much money you make it's about the difference you make to people's lives." Michelle Obama	19 th START! When do you take time to plan your best most successful life?	20 th "We cannot become what we want to be by remaining where we are." Depree
21 st CHANGE! What habits do you need to build to improve your efficiency?	22 nd "Motivation is what gets you started. Habit is what keeps you going." Jim Rohn	23 rd START! Are you consciously shaping your future?	24 th "I am who I am today because of the choices I made yesterday." Eleanor Roosevelt	25 th STOP! How often do you get hijacked by people who knock you off track?	26 th "The person who says it can't be done should not interrupt the person doing it." Chinese Proverb	27 th CHANGE! How often do you put off doing the hard stuff?	28 th The journey of a thousand miles begins with a single step. Lao Tzu
29 th START! What can you do to focus on joy every day?	30 th "Of this be sure: you do not find the happy life... you make it." Monson	<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>	
						31 st STOP START CHANGE "Life is 10% of what happens to you and 90% of how you respond to it." Swindoll	

