

# Slower is the new fast!

Half way through the year and getting ready for a summer break – this is a great time to take stock and look at your year so far. Take time to think and reflect and be conscious of what is going on for you.

We are taking a break in August – see you in September

				1 <sup>st</sup> Who has made a difference to you this year? Let them know	2 <sup>nd</sup> Make a list of the things that stress you and next to each one write your solution.	3 <sup>rd</sup> What activities have you enjoyed doing so far this year. Plan to do more.	4 <sup>th</sup> Have you spent too much time 'doing' this year? Find time to 'be' from now on.
5 <sup>th</sup> What is your greatest achievement so far this year?	6 <sup>th</sup> . Look at your diary and plan some breaks to keep you going for the rest of the year.	7 <sup>th</sup> What have you done to look after yourself so far this year?	8 <sup>th</sup> What are you most looking forward to before the end of the year?	9 <sup>th</sup> Have you worked hard on the right things so far this year?	10 <sup>th</sup> <i>In my life. I've lived, I've loved, I've lost, I've missed, I've hurt, I've trusted, I've made mistakes. But most of all I've learned.</i>	11 <sup>th</sup> Who do you need to spend more time with? Make it happen.	12 <sup>th</sup> <b>National Simplicity Day.</b> Strip it back and keep it simple. Focus on what matters.
13 <sup>th</sup> What is the best that could happen in the rest of the year? Look for it. Plan for it.	14 <sup>th</sup> What things have really motivated and inspired you in the first half of the year.	15 <sup>th</sup> What song sums up the first half of the year?	16 <sup>th</sup> What is a challenge worth working for in the second half of the year?	17 <sup>th</sup> <i>Of this you can be sure: You don't find a happy life ... you make it. Thomas Monson</i>	18 <sup>th</sup> Watch your favourite 'feel good' film. Be inspired	19 <sup>th</sup> Have you had a 'play' day this year? Plan a fun day out before December 1st	20 <sup>th</sup> Think about the rest of the year – what do you want to achieve.
21 <sup>st</sup> <b>Who has brought joy to your life?</b> Write them a note to say thanks	22 <sup>nd</sup> What can you do to improve your health and well-being in the second half of this year?	23 <sup>rd</sup> <i>Be in love with being alive. Find passion in life itself. Be addicted to being a better version of yourself every day.</i>	24 <sup>th</sup> Work out what your strengths are and play to them for the rest of the year.	25 <sup>th</sup> What has made you happy so far this year.	26 <sup>th</sup> Live a little. Dare to do something you have been dreaming of!	27 <sup>th</sup> Give yourself an MOT: Health, fitness, well-being, food, positivity.	28 <sup>th</sup> Plant some seeds. A new idea, a new direction or just flowers!
29 <sup>th</sup> Don't compare yourself to others. Appreciate your own qualities and abilities.	30 <sup>th</sup> <b>International Day of Friendship.</b> Take time to build enduring relationships.	<i>We work with teams to increase effectiveness, success and well-being. Please get in touch if you think we could be part of your next step.</i>			<b>SIGNPOST COACHING SERVICES</b> 07909808220 welcome@signpostcoaching.co.uk		31 <sup>st</sup> <i>Don't let what you CAN'T do interfere with what you CAN do.</i>