

Make the Most of May 2020.

Even though we are living and working in curious times we can still find ways to look after ourselves and each other. Stay safe.

| | | | | | | | |
|---|---|---|---|---|--|---|--|
| <h1>Make the Most of May 2020.</h1> <p>Even though we are living and working in curious times we can still find ways to look after ourselves and each other. Stay safe.</p> | | | | <p>1st</p> <p>Today is ... Look on the bright side day.</p> | <p>2nd</p> <p>Today is ... Start a new way of relaxing day.</p> | <p>3rd</p> <p>Today is ... Check on others day.</p> | <p>4th</p> <p>Today is ... Dream big dreams day.</p> |
| <p>5th</p> <p>Today is ... Look after yourself day.</p> | <p>6th.</p> <p>Today is ... Plan your next adventure day.</p> | <p>7th</p> <p>Today is ... Show appreciation day.</p> | <p>8th</p> <p>Today is ... Celebrate your freedom day. (VE Day)</p> | <p>9th</p> <p>Today is ... Compliments day – shower them around.</p> | <p>10th</p> <p>Today is ... Believe in yourself day.</p> | <p>11th</p> <p>Today is ... Treats at lunch day.</p> | <p>12th</p> <p>Today is ... Cloud watching day.</p> |
| <p>13th</p> <p>Today is ... Wear your favourite clothes day.</p> | <p>14th</p> <p>Today is ... Clap loudly to say thanks day.</p> | <p>15th</p> <p>Today is ... Think positively day.</p> | <p>16th</p> <p>Today is ... Learn a new word day.</p> | <p>17th</p> <p>Today is ... Share a smile day.</p> | <p>18th</p> <p>Today is ... Be patient day.</p> | <p>19th</p> <p>Today is ... Tune into nature day.</p> | <p>20th</p> <p>Today is ... Find a friend day.</p> |
| <p>21st</p> <p>Today is ... Be grateful for those whose are risking their lives to keep you safe.</p> | <p>22nd</p> <p>Today is ... Be proud of yourself day.</p> | <p>23rd</p> <p>Today is ... A simple pleasures day.</p> | <p>24th</p> <p>Today is ... Make the most of now day</p> | <p>25th</p> <p>Today is ... Take a break day</p> | <p>26th</p> <p>Today is ... Appreciate outside day.</p> | <p>27th</p> <p>Today is ... Share your enthusiasm day.</p> | <p>28th</p> <p>Today is ... Choose faith over fear day.</p> |
| <p>29th</p> <p>Today is ... Chill and be casual day.</p> | <p>30th</p> <p>Today is ... Appreciate your family day.</p> | <p>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.</p> | | | <p>SIGNPOST COACHING SERVICES 07909808220 welcome@signpostcoaching.co.uk</p> | | <p>31st</p> <p>Today is ... Send virtual hugs day.</p> |