

<h1 style="text-align: center;">Make Every Day COUNT.</h1> <p style="text-align: center;">A few simple suggestions for you to try out to get the best from each day in May and beyond</p>				<p>1st</p> <p>“Instead of saying Maybe in May let May BE!” Yeboah</p>	<p>2nd</p> <p>Today is ... Start a new trend day.</p>	<p>3rd</p> <p>“Every day is a new beginning. Take a deep breath, smile and start again.” Anon</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>“When you visualise a perfect day you create a blueprint for your mind to follow.” Bev James</p>	<p>8th</p> <p>Today is ... A simple pleasures 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 ... Look on the bright side day.</p>	
<p>13th</p> <p>Success has always been a product of an unstoppable drive to make each day count creatively and productively. Mbiaka</p>	<p>14th</p> <p>Today is ... Notice the small things day.</p>	<p>15th</p> <p>Today is ... Think positively day.</p>	<p>16th</p> <p>“With the new day comes new strength and new thoughts.” Eleanor Roosevelt</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>“ Who loses a day loses life.” Ralph Waldo Emmerson</p>	
<p>21st</p> <p>Today is ... Be grateful day.</p>	<p>22nd</p> <p>Today is ... Be proud of yourself day.</p>	<p>23rd</p> <p>Today is ... Get excited about the holiday day.</p>	<p>24th</p> <p>Today is ... Make the most of now day.</p>	<p>25th</p> <p>Today is ... Share your enthusiasm day.</p>	<p>26th</p> <p>Today is ... Get outside day.</p>	<p>27th</p> <p>Today is ... Choose faith over fear day.</p>	<p>28th</p> <p>Today is ... No excuses day.</p>	
<p>29th</p> <p>Today is ... Don't worry about a thing 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.</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>31st</p> <p>365 new days 365 new chances 365 opportunities Make every day count!</p>