

<p><b>TRY TO BE MORE OPTIMISTIC in OCTOBER</b>  <b>Could the bright colours and splendour of Autumn help you to re-set your optimism gauge?</b>  <b>Optimistic people are happier, more successful and make great colleagues and friends.</b></p>				<p>1<sup>st</sup>  <b>It's GOOD NEWS MONTH</b>  Celebrate and share the success of others. Start a wave of optimism.</p>	<p>2<sup>nd</sup>  The happiest people don't HAVE the best of everything. They just MAKE the best of everything.</p>	<p>3<sup>rd</sup>  Check out how you speak to yourself . Negative self-talk can drag your mood down.</p>	<p>4<sup>th</sup>  Dream big. Have goals and work towards them.  <b>Why not try coaching with us?</b></p>
<p>5<sup>th</sup>  What is the best way to start your day?</p>	<p>6<sup>th</sup>.  <b>"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."</b>  Helen Keller</p>	<p>7<sup>th</sup>  This week try to SMILE more!  <b>Spread some sunshine in your world.</b></p>	<p>8<sup>th</sup>  <b>What is done is done.</b>  <b>Find a way to accept and move forward.</b></p>	<p>9<sup>th</sup>  <b>" Be the change you want to see in the world"</b>  If you want a great work place culture. YOU make a start.</p>	<p>10<sup>th</sup>  <b>Today is World Mental Health Day.</b>  <b>Plan a well-being focus.</b></p>	<p>11<sup>th</sup>  Don't let what you can't do interfere with what you can do.</p>	<p>12<sup>th</sup>  Move away from negative or complaining conversations. <b>Don't get dragged in and dragged down.</b></p>
<p>13<sup>th</sup>  Be inspired. Read a motivational story, video or watch a motivational film. Then share it.</p>	<p>14<sup>th</sup>  This week try to surround yourself with optimistic and positive people and catch their mood.</p>	<p>15<sup>th</sup>  <b>EVERY CLOUD.. For the worst case scenario think of the best thing that could happen.</b></p>	<p>16<sup>th</sup>  <b>Do you speak with optimism? Check out the words and the tones you use.</b></p>	<p>17<sup>th</sup>  <b>"We can complain that roses bushes have thorns or we can rejoice that rose bushes have roses."</b>  Abraham Lincoln</p>	<p>18<sup>th</sup>  <b>Have a day where you say YES to new ideas.</b>  <b>See where it takes you.</b></p>	<p>19<sup>th</sup>  <b>Put a bounce in your step. Just walking taller makes you feel good.</b></p>	<p>20<sup>th</sup>  <b>Take time to notice what you are grateful for.</b></p>
<p>21<sup>st</sup>  This week what can you do to raise the spirits of those around you?  <b>Do It!</b></p>	<p>22<sup>nd</sup>  Find a new way to use or practice one of your skills / talents to support someone.</p>	<p>23<sup>rd</sup>  <b>Get some rest.</b>  It helps you to keep a sense of perspective.</p>	<p>24<sup>th</sup>  <b>What have you achieved that has made you happiest recently?</b>  <b>Try to repeat or re-visit it.</b></p>	<p>25<sup>th</sup>  Things go wrong in every life. Accept it and use optimism to bounce back.</p>	<p>26<sup>th</sup>  <b>Focus on the positive things in your situation.</b></p>	<p>27<sup>th</sup>  Hunt out good news. Negative media can dampen your spirits.</p>	<p>28<sup>th</sup>  <b>POWER UP!</b>  This week have one positive thought or image that makes you feel great. Use it every day.</p>
<p>29<sup>th</sup>  Choose a positive mantra, song or phrase for today. Repeat it to build your optimism</p>	<p>30<sup>th</sup>  Avoid people who drain your spirits. Think where you sit and who you talk to</p>	<p><b>We work with teams to increase effectiveness, success and well-being.</b>  <b>Please get in touch if you think we could be part of your next step.</b></p>		<p><b>SIGNPOST COACHING SERVICES</b>  <b>07909808220</b>  welcome@signpostcoaching.co.uk</p>		<p>31<sup>st</sup>  <b>"After all tomorrow is another day."</b>  Margaret Mitchell</p>	