

## Try something NEW in NOVEMBER.

There are so many benefits to trying new things. It can stretch you out of our comfort zone and help you to look at things in a new light. So why not give it a go this month and look for new opportunities. Here are a few suggestions to get you thinking.

1<sup>st</sup>  
“Anyone who has never made a mistake has never tried anything new.”  
Einstein

2<sup>nd</sup>  
**Try a new craft for the winter months.**

3<sup>rd</sup>  
**Visit somewhere new with friends or family.**

4<sup>th</sup>  
This week learn something new. Try a few words in another language.

5<sup>th</sup>  
“Never be afraid to try something new. Life gets boring when you stay within the limits you already know.”

6<sup>th</sup>  
**Listen to a podcast you have not tried before.**

7<sup>th</sup>  
**Try a new food you have never tasted before.**

8<sup>th</sup>  
**Say hello to a neighbour you do not usually talk to.**

9<sup>th</sup>  
Why not have an adventure and try out a new recipe?

10<sup>th</sup>  
**Plant some bulbs in a new spot for a lovely Spring treat.**

11<sup>th</sup>  
**This week write a journal every day documenting all your successes.**

12<sup>th</sup>  
“If you do what you have always done you get what you have always got.”

13<sup>th</sup>  
**Travel to work differently – take a new form of transport or a new route.**

14<sup>th</sup>  
“Keep moving forward, opening new doors and doing new things.”  
Walt Disney

15<sup>th</sup>  
**Plan a new experience for 2020 and give yourself a boost.**

16<sup>th</sup>  
**Have a go at doing something different this weekend.**

17<sup>th</sup>  
**Visit a local museum or art gallery and view their latest exhibition.**

18<sup>th</sup>  
“Life is about taking chances, trying new things, having fun, making mistakes and learning from it.”

19<sup>th</sup>  
**Try out a new form of exercise.**

Are you thinking of renewing goals or a vision for you or your team?  
We are available

20<sup>th</sup>  
**Write something new – a story, a poem a letter or a blog.**

21<sup>st</sup>  
Be a visitor in your place of work – have a walk around with new eyes- what do you see?

22<sup>nd</sup>  
“Do one thing every day that will scare you.”  
Eleanor Roosevelt

23<sup>rd</sup>  
**Listen to some new songs from a different genre.**

**Why not explore working with people who challenge and support new thinking,  
We are available!**

24<sup>th</sup>  
**Have a wander around a store you don't usually visit.**

25<sup>th</sup>  
**Learn a new word and try to use it in conversation today.**

27<sup>th</sup>  
Check out the community events happening in your area and make a plan to attend one.

**We can help you to take a new look at resilience and positivity.**

28<sup>th</sup>  
**Change the furniture around at home or in your work space**

29<sup>th</sup>  
**Plan to attend a local “meet-up” in a subject that interests you.**

**SIGNPOST COACHING SERVICES**  
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30<sup>th</sup>  
**When was the last time you did something for the first time?**