

***“You can choose
your friends...”***

REVER!
WORLD'S BEST DAD



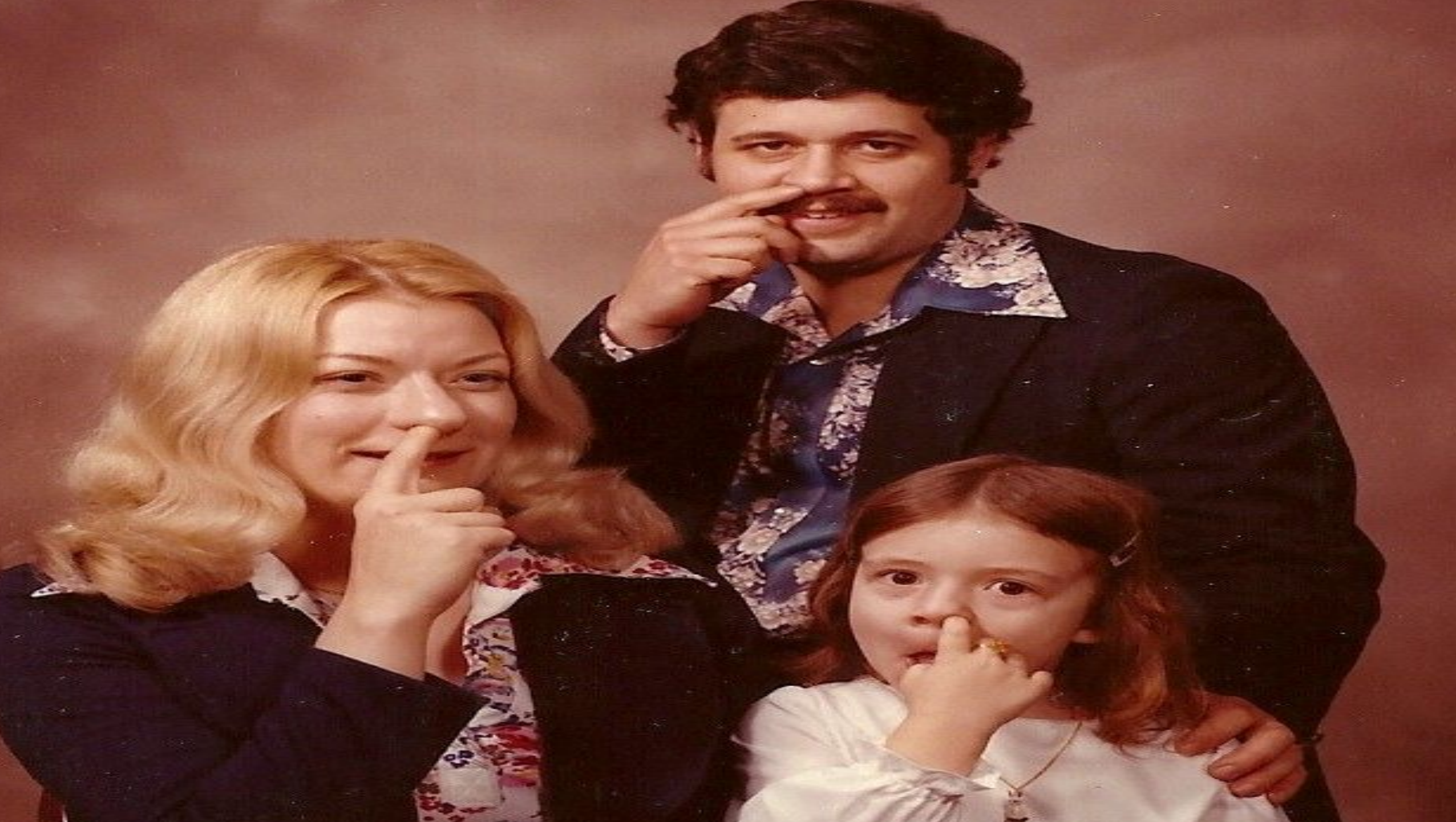


















***“You can choose
your friends...”***

























***“You can choose
your friends...”***



30,614

£30,614





BAR
PIZZA





Lifts



























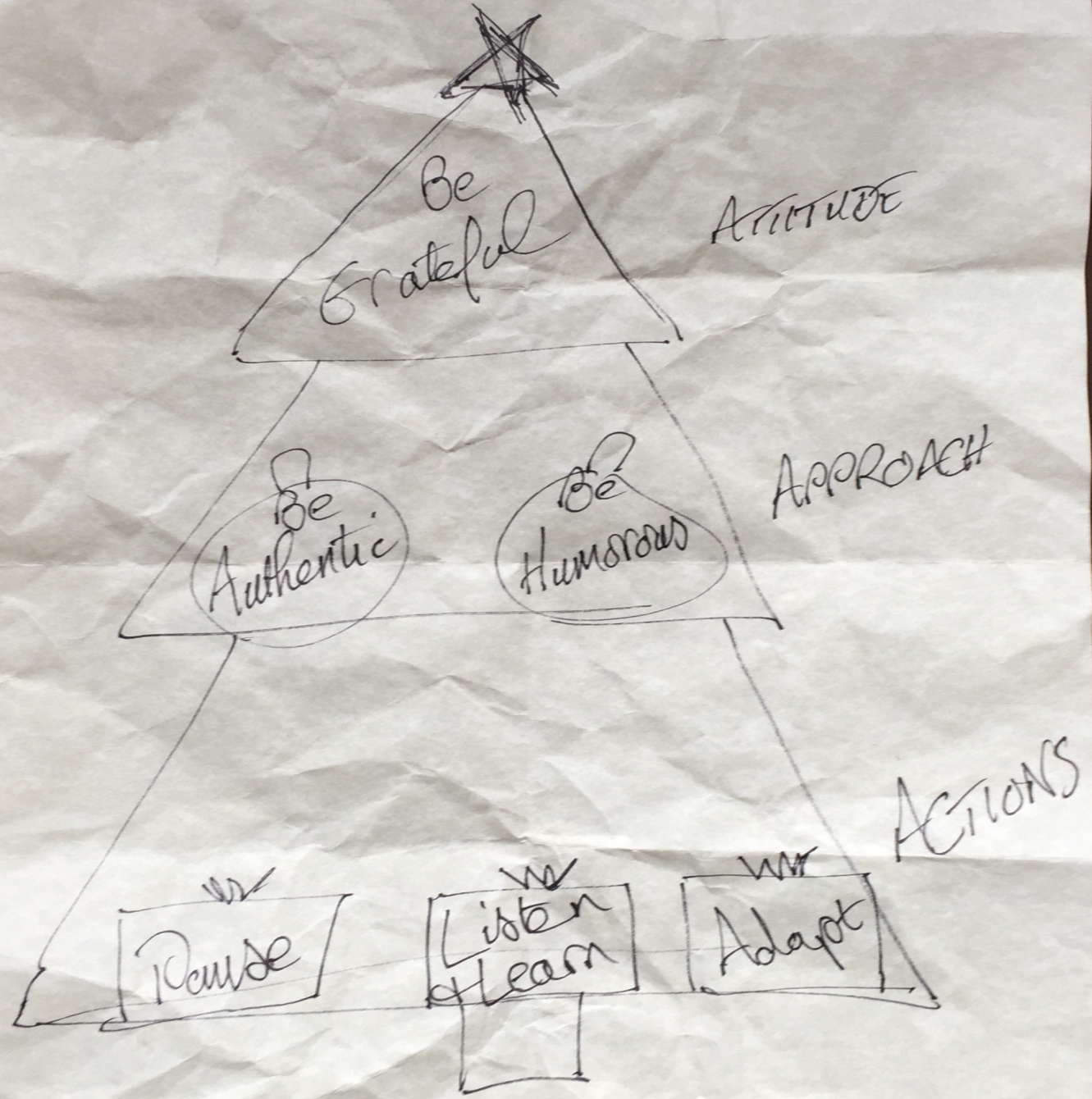




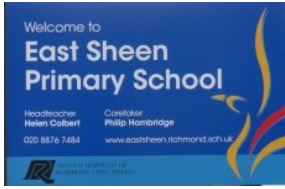






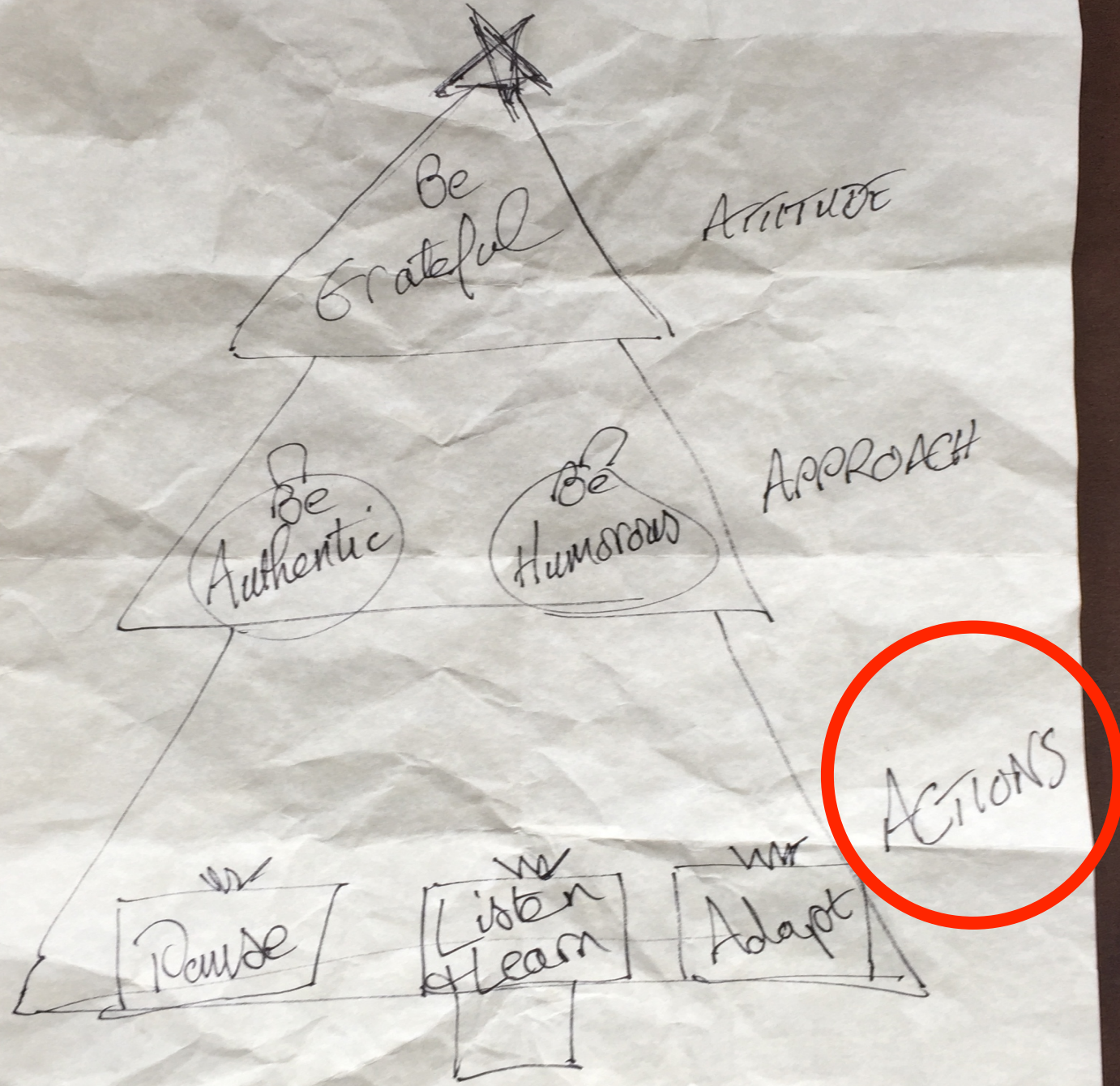


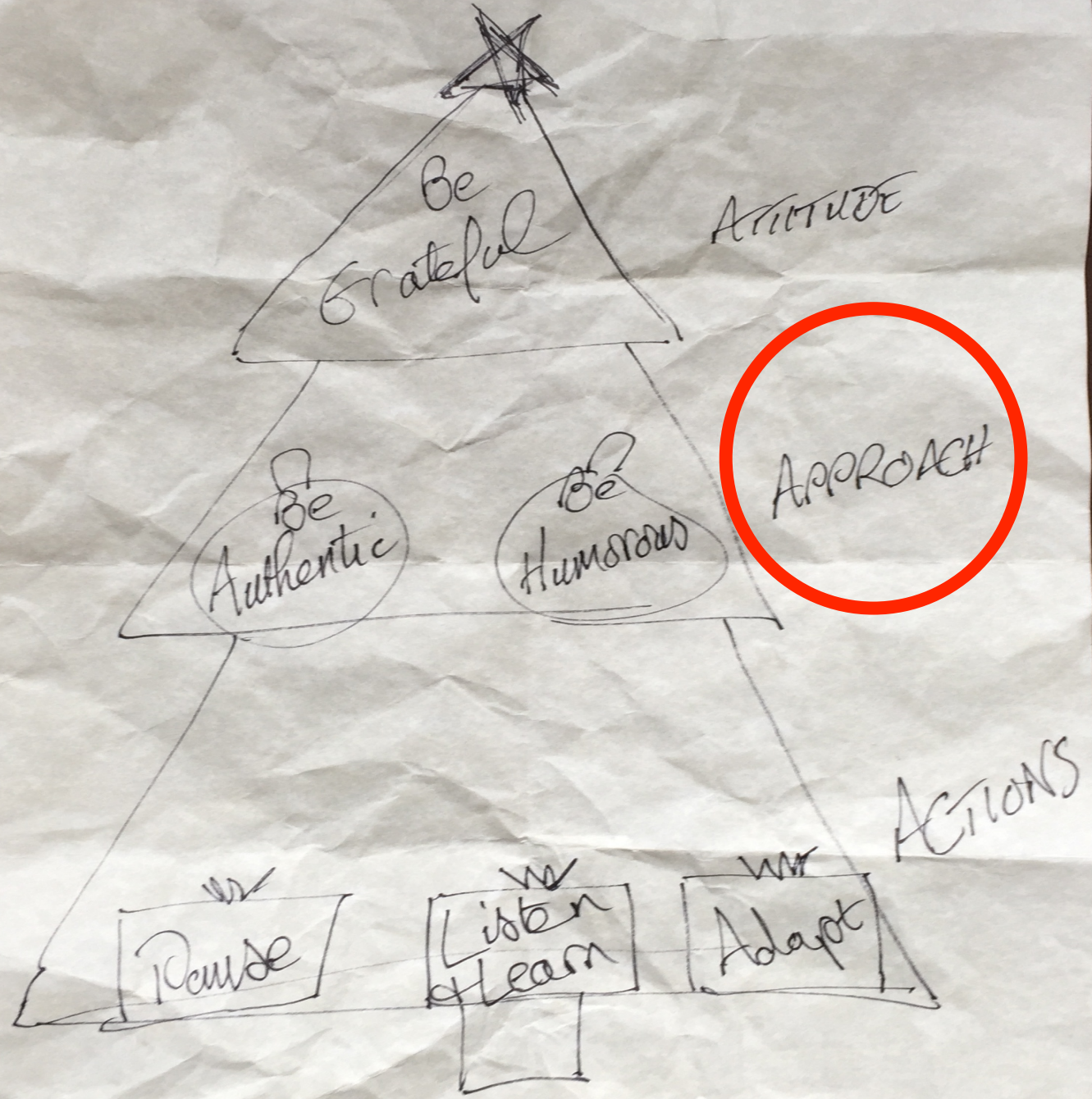


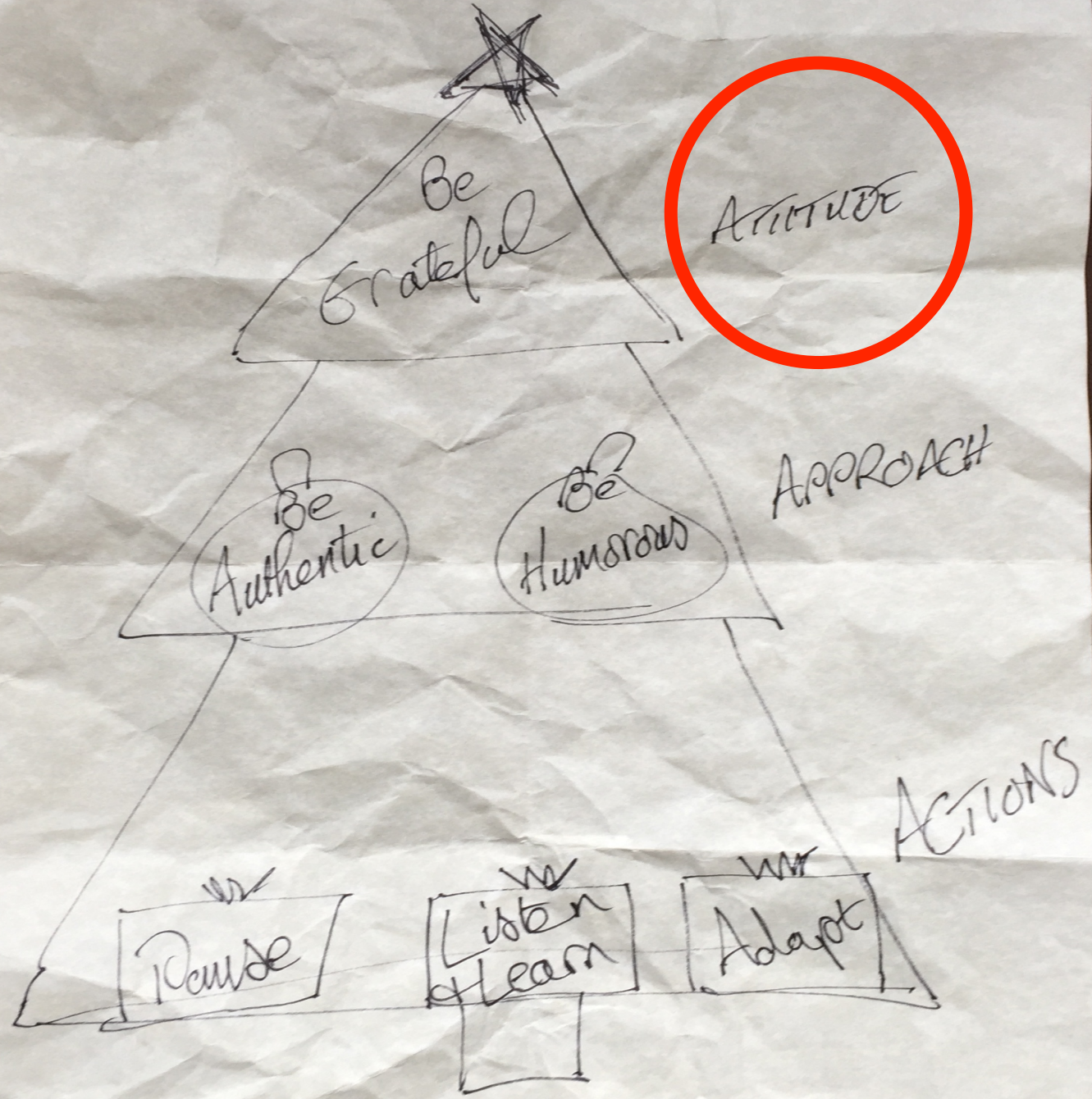




UNITED NATIONS
General Assembly
24-07-2015
NICOLAS A SAUNDERS
VISITOR
Escort Required







Be Grateful

ATTITUDE

Be Authentic

Be Humorous

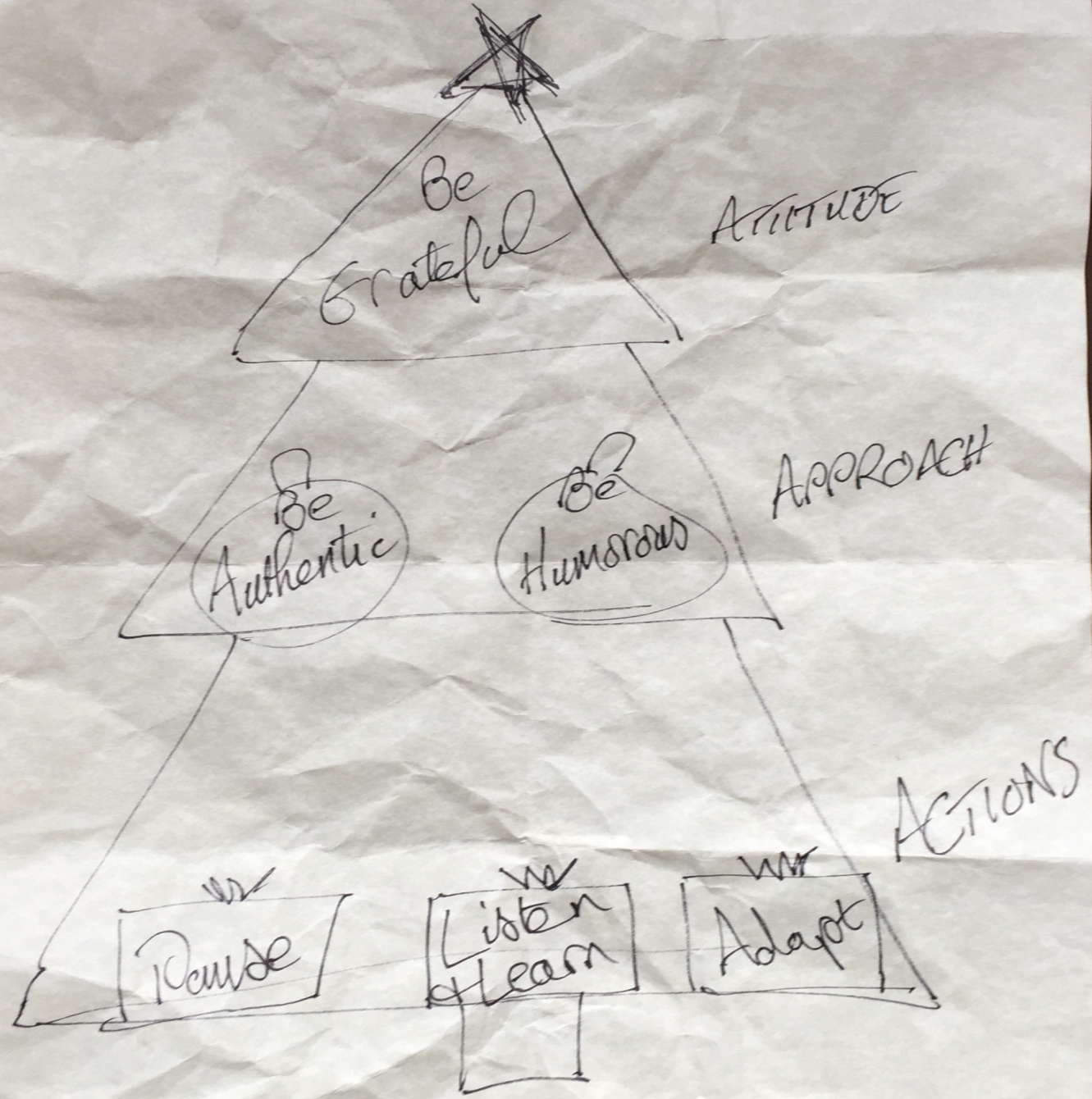
APPROACH

Pause

Listen & Learn

Adapt

ACTIONS







ACTIONS



APPROACH

ACTIONS



ATTITUDE

APPROACH

ACTIONS

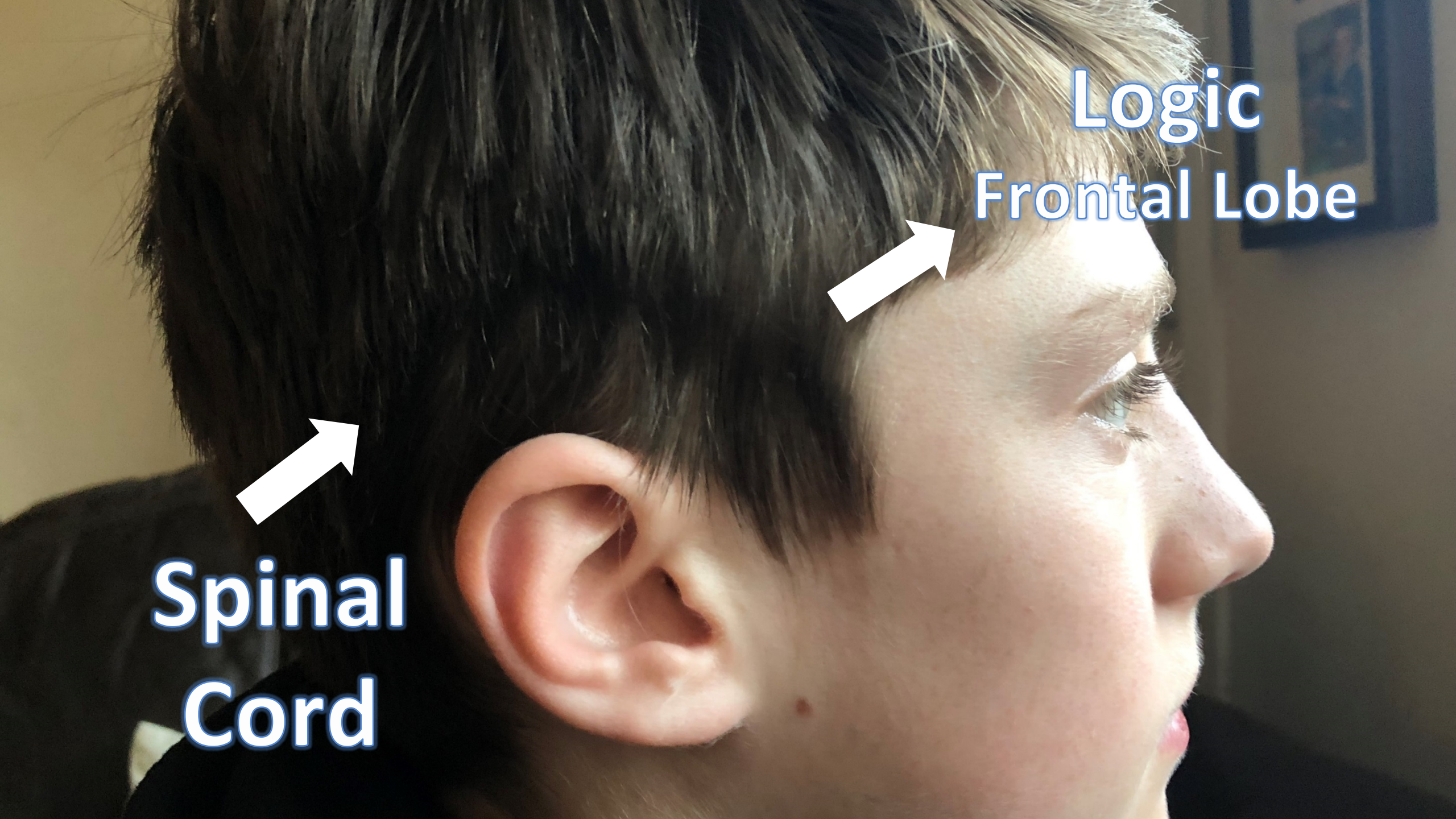


ACTIONS



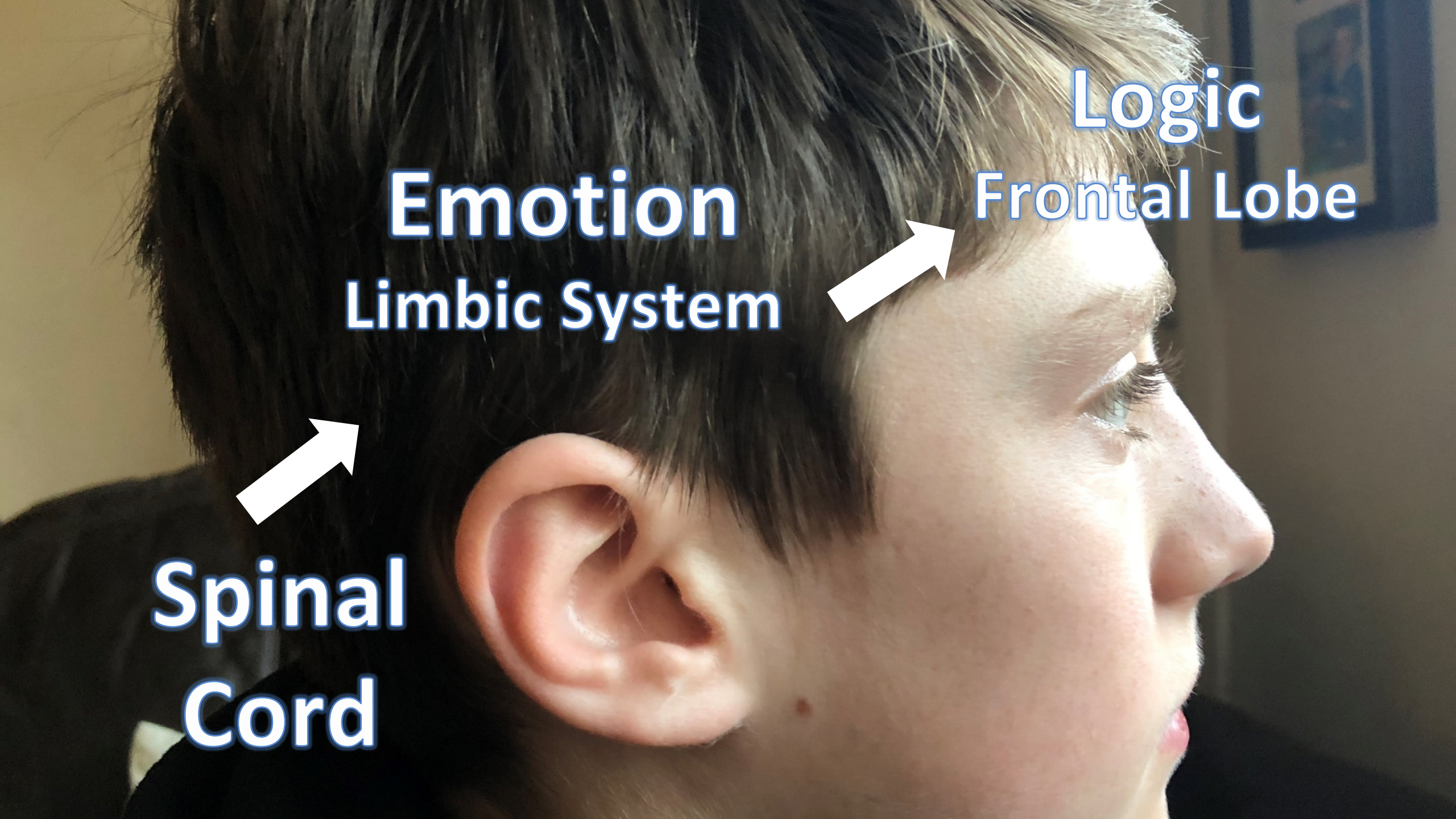


**Spinal
Cord**



**Spinal
Cord**

**Logic
Frontal Lobe**

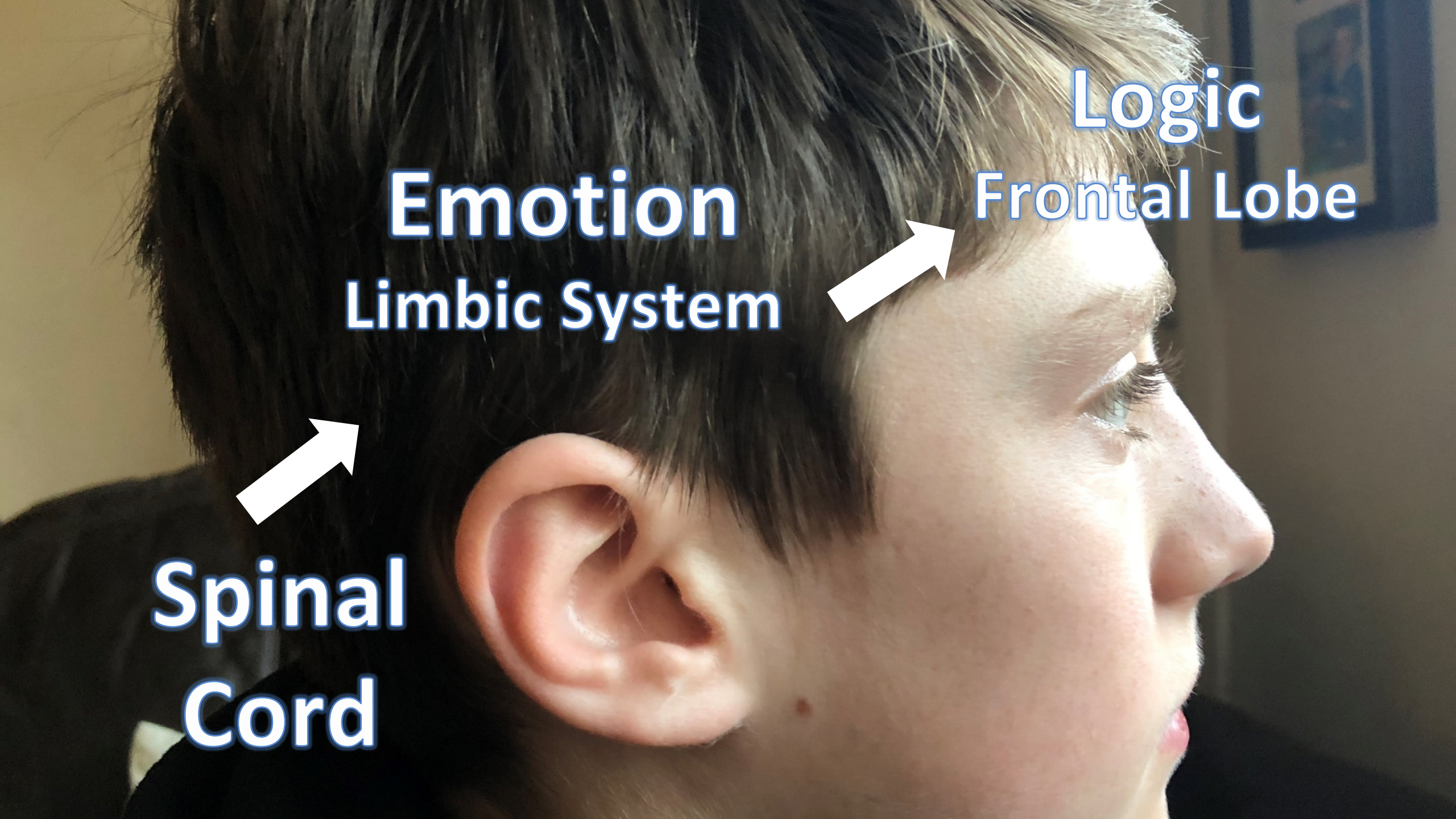


**Spinal
Cord**

**Emotion
Limbic System**

**Logic
Frontal Lobe**



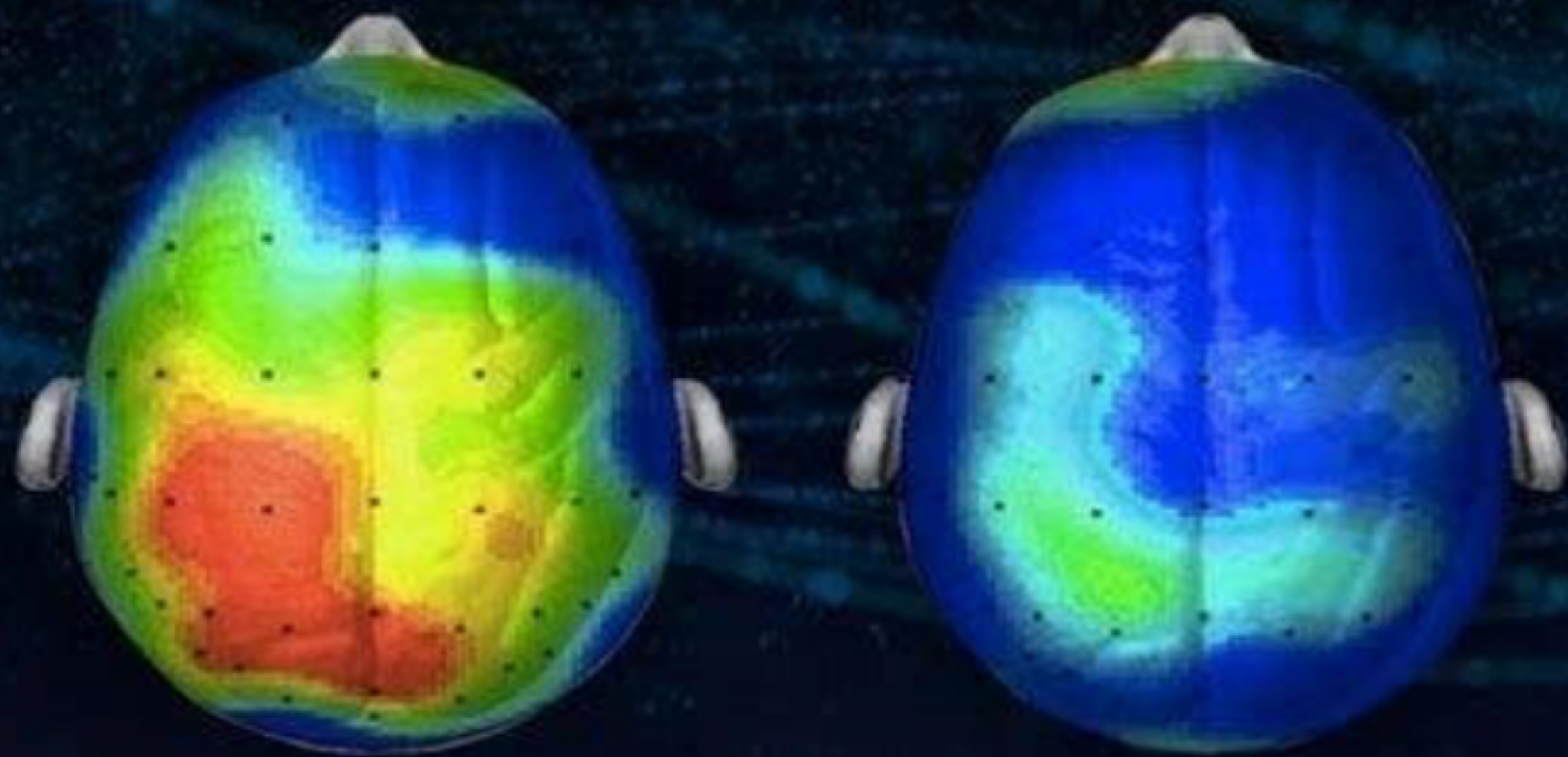


Logic

Frontal Lobe

Emotion
Limbic System

Spinal
Cord





***“You can choose
your friends...”***




ACTIONS



PAUSE

**LISTEN
& LEARN**

ACTIONS

A young boy with short brown hair and blue eyes is smiling slightly. He is holding a large, rectangular sign made of brown cardboard. The sign has three white panels attached to it, each containing a large, bold, black Cyrillic letter. The letters are 'Н', 'О', and 'Р' from left to right, which together read 'НОР'. The background shows an indoor setting with a window, a lamp, and a staircase.

НОР



S H O P





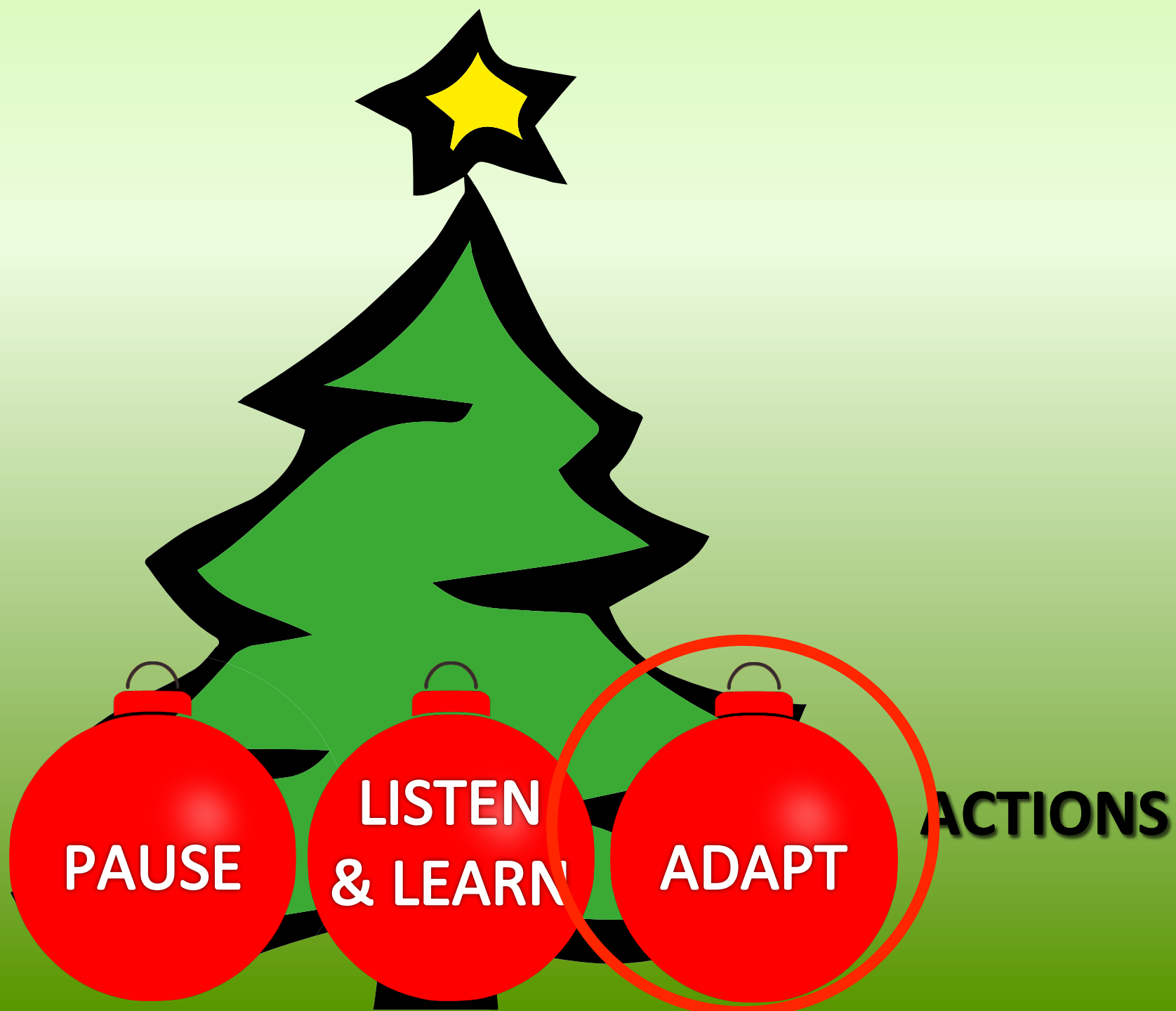
***“You can choose
your friends...”***



ACTIONS



ACTIONS



PAUSE

**LISTEN
& LEARN**

ADAPT

ACTIONS



Discovery Insights[®]



First, let's play cards

We have all four Colour Energies in us...



**...like the
coloured
paints of
an artist's
palette**





insights®



 in



ghts®



The Four Insights Colour Energies



The Four Insights Colour Energies



Cool Blue

**Detailed, Objective,
Formal, Reflective**

The Four Insights Colour Energies



Cool Blue

**Detailed, Objective,
Formal, Reflective**



Earth Green

**Caring, Empathetic,
Calming, Patient**

The Four Insights Colour Energies



Cool Blue

**Detailed, Objective,
Formal, Reflective**



Earth Green

**Caring, Empathetic,
Calming, Patient**



**Sunshine
Yellow**

**Enthusiastic, Fun,
Sociable, Positive**

The Four Insights Colour Energies



Cool Blue

Detailed, Objective,
Formal, Reflective



Earth Green

Caring, Empathetic,
Calming, Patient



Sunshine Yellow

Enthusiastic, Fun,
Sociable, Positive



Fiery Red

Determined, Assertive,
Direct, Focused

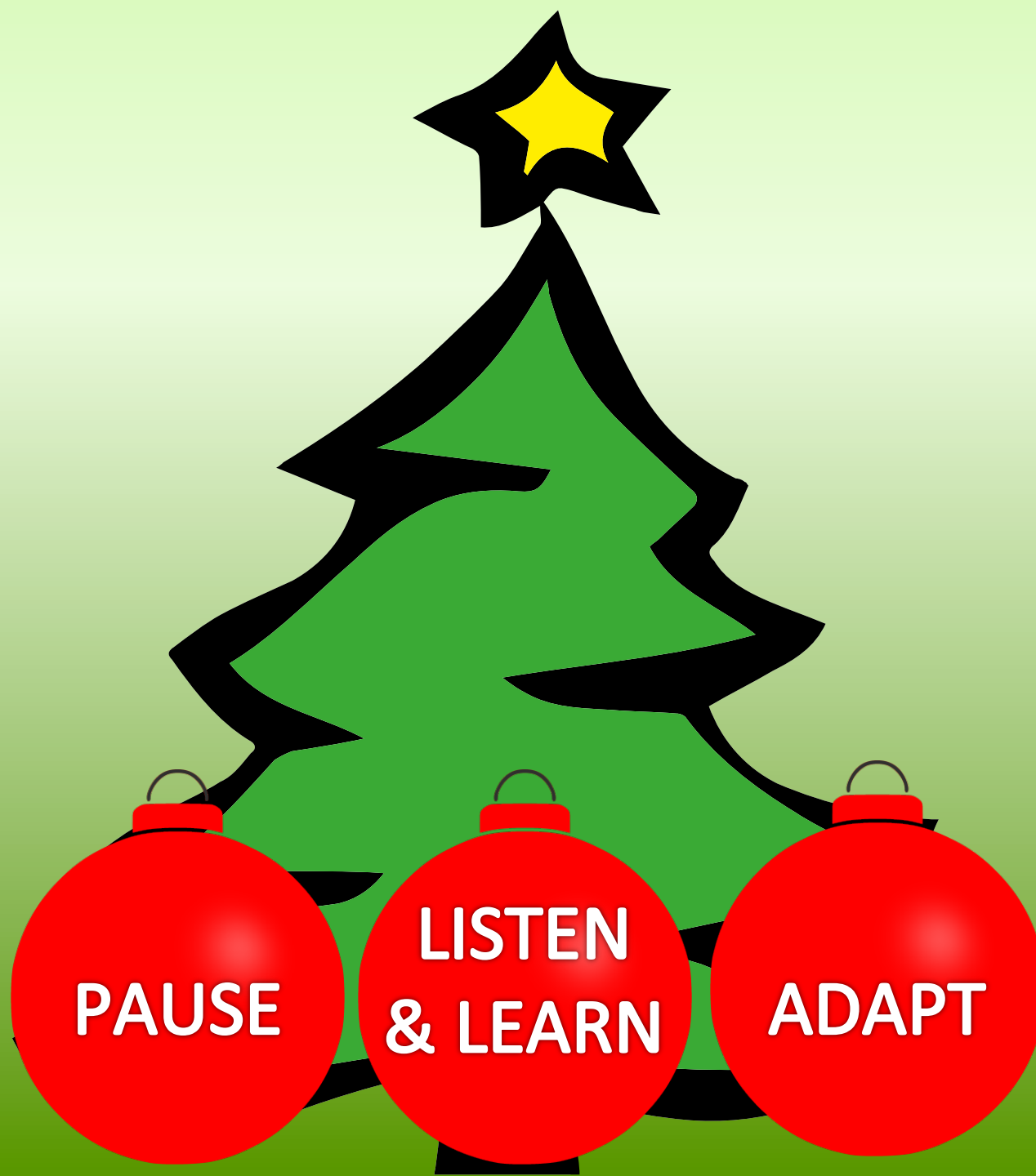
***“You can choose
your friends...”***





GUINNESS





APPROACH

ACTIONS



APPROACH

ACTIONS









AVANTAGE



RATNER'S



*** LAST CHANCE ***

ONLY **9** DAYS LEFT

MEGA RED STAR SALE

HALF PRICE WEDNESDAYS

MEGA RED STAR SALE

HALF PRICE GOLD

SALE

INTEREST FREE CREDIT

MEGA RED STAR SALE

30 DAY

HALF PRICE

AVANTAGE



***“You can choose
your friends...”***



**BE
AUTHENTIC**

PAUSE

**LISTEN
& LEARN**

ADAPT

APPROACH

ACTIONS



APPROACH

ACTIONS





KI K 806K















***“You can choose
your friends...”***



ATTITUDE

APPROACH

ACTIONS



ATTITUDE

APPROACH

ACTIONS

★ 01 Reach More Goals

Participants who kept gratitude lists were more likely to have made progress toward important personal goals (academic, interpersonal and health-based)* than those who did not.

♥ 02 Improved Health

The study also showed physical changes: the authors reported those keeping gratitude journals exercised more regularly and reported fewer physical symptoms.

👍 03 Better Sleep = More Energy

The study included a group of adults with neuro-muscular disease who underwent a "gratitude intervention" for 3 weeks. Afterward, participants reported improvements in both how much and how well they slept.

Benefits of Gratitude

Gratitude is not only the greatest of virtues, but the parent of all the others.

— Marcus Tullius Cicero

06 👍 Increase our Likability

Gratitude generates social capital – in two studies with 243 total participants, those who were 10% more grateful than average had 17.5% more social capital.

05 ● Support Others

Participants in the daily gratitude condition were more likely to report having helped someone with a personal problem or having offered emotional support to another, relative to the hassles or social comparison condition.

04 ♥ Stronger Love Life

According to the authors, feelings of indebtedness showed engagement and commitment externally, but "gratitude had uniquely predictive power in relationship promotion, perhaps acting as a booster shot for the relationship."



Harvard Business Review





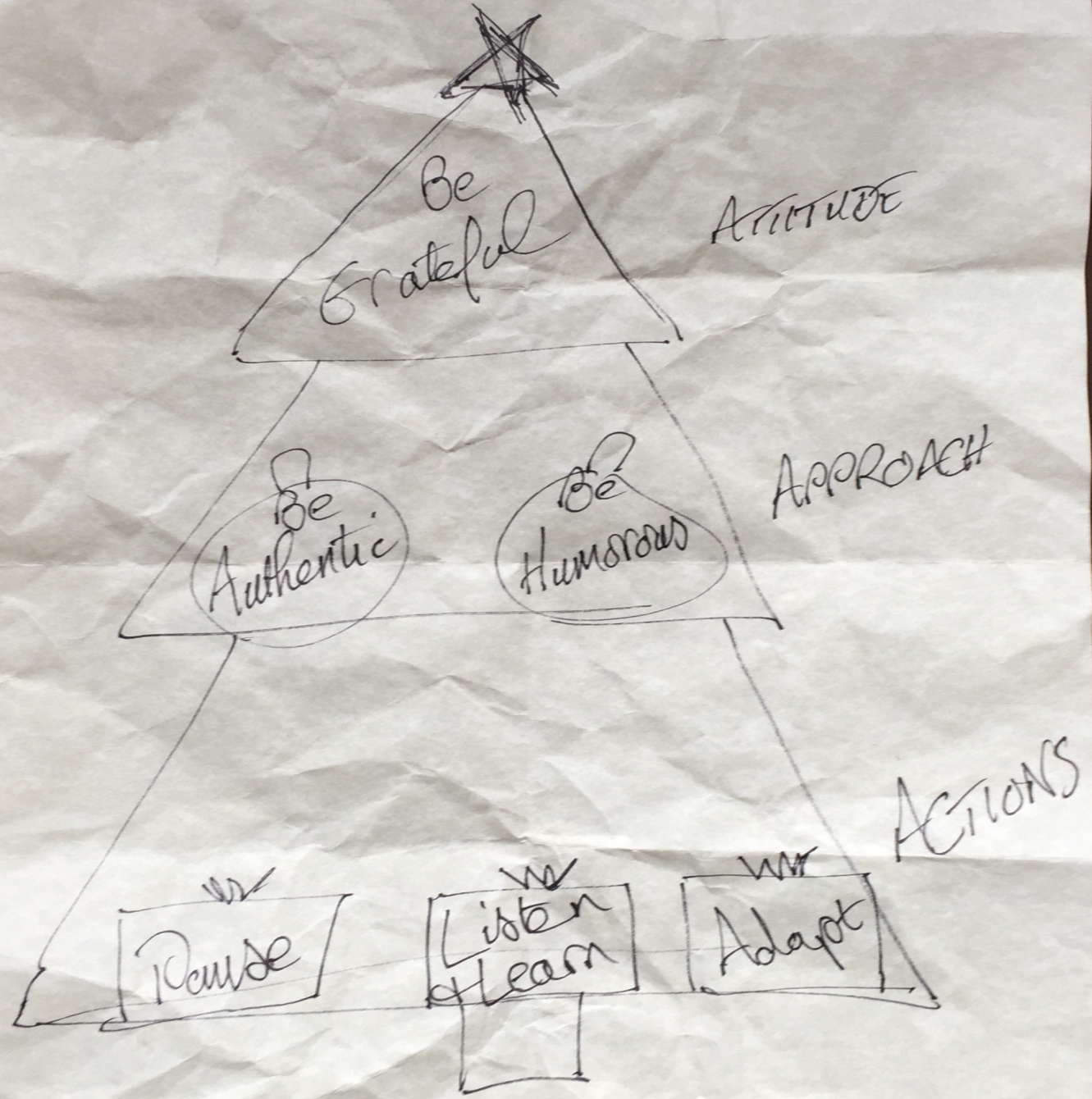






***“You can choose
your friends...”***

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Be Grateful

Attitude

Be Authentic

Be Humorous

Approach

Pause

Listen & Learn

Adapt

Actions



!
Keep clear

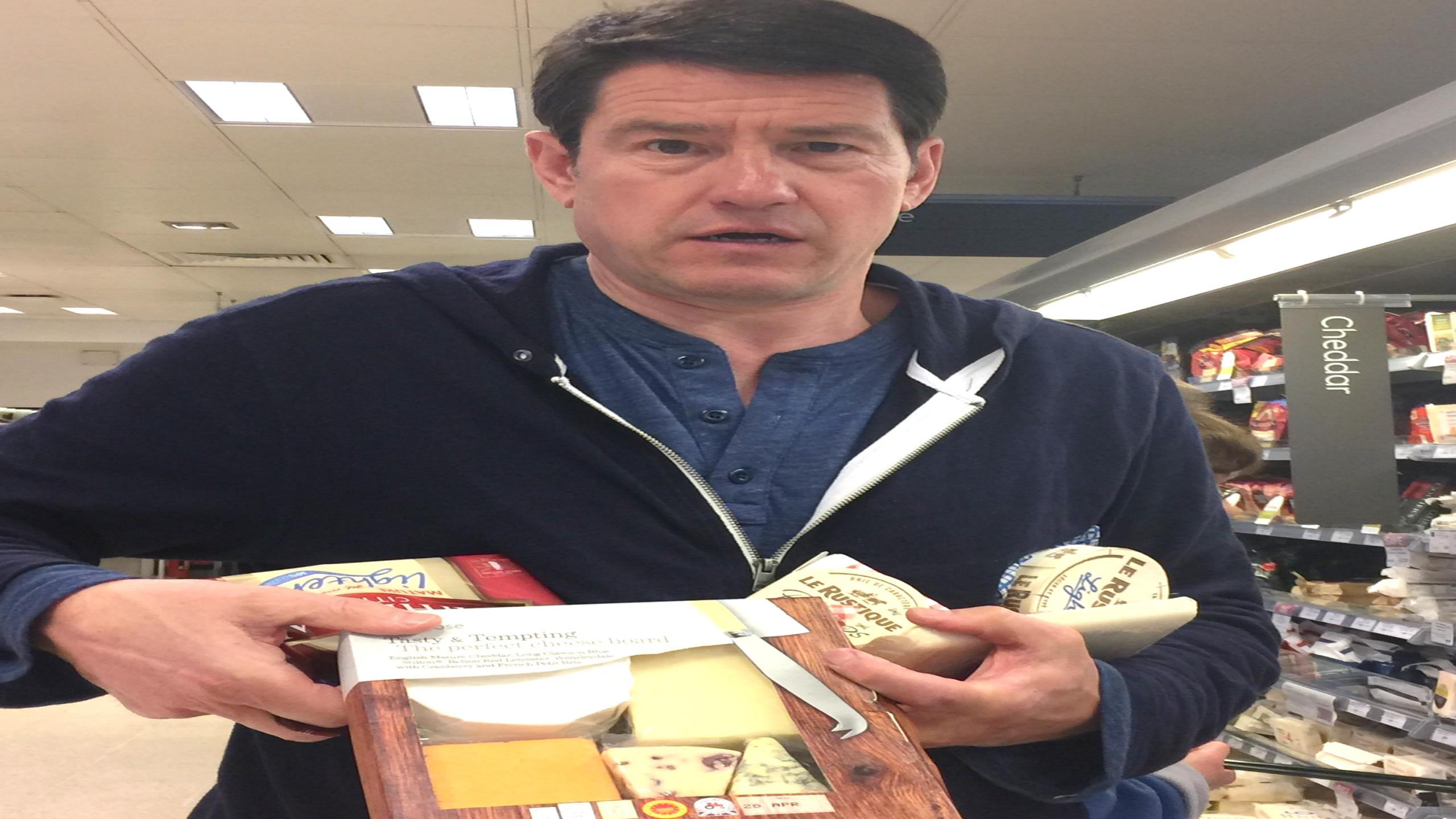
Automatic
door

Richmond Park
Wildlife and Horticulture Centre

Mr. J. Smith
Wildlife and Horticulture Centre







Cheddar

Cheese
Tasty & Tempting
The perfect cheese board
English Mature Cheddar, Long Cheddar Blue,
Stilton, Brie, Red Leicester, Wensleydale,
with Cranberry and French Polka Slice

28 APR



thick bleach
winter spice

with limescale deterrent

by **Sainsbury's**





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