

QUOTES, QUIBBLE, QUESTION

66TH EDITION

FROM
THE
COACHING
GUY

WELCOME

This week, we dive into the theme of "getting out of your own way." Inspired by Dr. Joe Dispenza's transformative book *Breaking the Habit of Being Yourself*, we'll explore how habitual thoughts and emotions can keep us stuck, and how we can break free. Let's learn to stop being our own biggest obstacle and start creating the life we truly desire.

QUOTES

"The first step toward change is awareness. The second step is acceptance." [Nathaniel Branden](#)

"Whether you think you can or you think you can't, you're right." [Henry Ford](#)

"You cannot solve a problem with the same level of consciousness that created it." [Albert Einstein](#)

"Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change."
[Unknown](#)

Q U I B B L E

"Rewiring the Brain: Science or Pseudoscience?"

Dr. Joe Dispenza's approach emphasizes the proven concept of neuroplasticity, the brain's ability to rewire itself. Scientific research shows that meditation, visualization, and focused thought can indeed create new neural pathways, fostering lasting change in behaviour and perception. His methods encourage us to break free from limiting habits and embrace new possibilities.

Critics argue that Dispenza's reliance on quantum physics stretches scientific principles into speculative territory. While the idea of aligning with the "quantum field" is intriguing, some see it as more metaphorical than literal. Sceptics suggest sticking with well-established psychological and behavioural techniques.

Firstly you need to start with a belief that things can change, create a plan and then take actionable steps to impact the environment that you need to create.

These actionable techniques will help...

Become Aware of Your Thoughts: Keep a journal for a week, noting recurring negative or limiting beliefs. Awareness is the first step to change.

Practice Visualization: Spend 10 minutes a day imagining yourself as the person you want to become. Engage all your senses to make it vivid.

Meditate for Transformation: Try guided meditations focusing on gratitude or potentiality. Apps like Insight Timer or Headspace can help.

Reframe Negative Self-Talk: Challenge limiting beliefs by replacing "I can't" with "What if I could?"

Meaningful change comes at a cost of effort, letting go and prioritisation of your life. Getting out of your own way takes time and persistence, but it not just for 'other people' its open to anyone who is willing to commit.

Q U E S T I O N

“What is one habit or thought pattern you’d like to break? And what new belief could you replace it with to help you thrive?”

Curious how I can help you? Then book a free consultation, link in my bio. Or if you like my content and want this sent straight to your inbox every Monday, subscribe to my newsletter by visiting www.thecoachingguy.co.uk

T H A N K S

For reading this week’s newsletter.

If you have other subjects that you would like to hear about, drop me an email at matt@thecoachingguy.co.uk