

QUOTES, QUIBBLE, QUESTION

FROM
THE
COACHING
GUY

28TH EDITION

WELCOME

This week is focused on whether are you Interested or Committed to the achievement of your Goals.

In human existence, the pursuit of goals stands as a testament to our capacity for growth, resilience, and ambition. From the achievements of historical figures to the daily triumphs of ordinary individuals, the journey toward realizing our aspirations is marked by both inspiration and introspection. Here, amidst the ebb and flow of life's challenges, we find ourselves confronted with a pivotal choice: to merely express interest in our goals or to wholeheartedly commit ourselves to their attainment.

QUOTES

"The only limit to our realization of tomorrow will be our doubts of today." - [Franklin D. Roosevelt](#)

"Success is not final, failure is not fatal: It is the courage to continue that counts." - [Winston Churchill](#)

"The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle." - [Steve Jobs](#)

"The future belongs to those who believe in the beauty of their dreams." - [Eleanor Roosevelt](#)

Q U I B B L E

Picture this: you're standing at the edge of a bustling amusement park, eyeing the towering roller coaster with a mix of excitement and trepidation. Sure, it's easy to be interested in the thrill of the ride from a safe distance, watching others scream and laugh as they hurtle through loops and twists. But to truly experience the rush of adrenaline, you know you have to make a choice: are you just interested in the idea of riding, or are you committed to strapping yourself in and facing the exhilarating twists and turns head-on?

In the realm of goal-setting, it's a lot like deciding whether to take that roller coaster plunge. It's tempting to flirt with the idea of success, to imagine ourselves achieving our dreams without fully committing to the roller coaster ride of hard work, setbacks, and triumphs. After all, who wouldn't want the thrill of victory without the sweat and tears?

But here's the reality check: true achievement isn't a walk in the park; it's more like a roller coaster ride through life's ups and downs. It demands more than just a passing interest; it requires strapping yourself in, gripping the handlebars tight, and holding on for dear life as you navigate through the twists and turns of the journey.

Think of it as committing to the roller coaster ride of your dreams. You can't just dip your toe in the water and hope for the best; you've got to throw yourself into the experience wholeheartedly. It's about showing up every day, rain or shine, ready to tackle whatever challenges come hurtling your way.

Sure, there will be moments when you want to throw your hands up in the air and scream with exhilaration, and other times when you'll feel like you're hanging upside down in mid-air, wondering if you'll ever make it back to solid ground. But it's all part of the ride, and it's the commitment to seeing it through to the end that separates the thrill-seekers from the mere spectators.

So, the next time you find yourself eyeing that towering goal on the horizon, ask yourself: am I content to watch from the sidelines, or am I ready to strap myself in and experience the ride of a lifetime? Because when it comes to achieving your dreams, it's not just about being interested; it's about being all in, ready to embrace the adventure with open arms and a fearless heart

Q U E S T I O N

Ask Yourself:

Are you merely intrigued by the prospect of your goals, or are you willing to invest your time, energy, and passion in their pursuit?

Are you content to remain spectators on the sidelines of your own life, or do you possess the courage to step boldly into the arena of action, ready to confront whatever challenges may arise?

In introspection lies the seed of transformation, beckoning us to transcend the realm of mere interest and embrace the mantle of unwavering commitment. It is only through wholehearted dedication and steadfast resolve that we may unlock the boundless potential that resides within us and chart a course toward the realization of our most cherished dreams.

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