

# QUOTES, QUIBBLE, QUESTION

2<sup>N D</sup> EDITION

F R O M  
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## W E L C O M E

This week is focused on Mindset.

To focus the mind on the time you have, the tasks you need to complete, and the people you need to spend time with. All to be more purposeful as human beings.

## Q U O T E S

“Don’t watch the clock, do what it does. Keep going” [Sam Levenson](#)

“Time has more value than Money. You can get more money, but you cannot get more time”  
[Jim Rohn](#)

“Once you have mastered time, you will understand how true it is that most people overestimate what they can do in a year and underestimate what they can achieve in a decade.” [Tony Robbins](#)

“Time is what we want most but what we use worst.” [William Penn](#)

# Q U I B B L E

**I hear a lot of people saying they do not have enough time. This may be your perception of your current situation. But what is more difficult to master is managing your own time and the things that you fill it with; 90% is the choices you make.**

**I believe in manifesting, focusing on what outcomes you want, and following through with purposeful actions. It's the dialogue you tell yourself, the reframing that is required in the positive context. Are you prioritizing time on the things that you want to do and not driven by the needs of others? The power is in your hands, but only if you want to take back control.**

**We all know that with good planning and a desire to want to change our own environment, anything we want to do is possible. But many choose the stay as they are through fear... Remove the distractions of apps and social media. Reconnect with yourself, make better choices, and see how rewarding your time can be in the future.**

# Q U E S T I O N

On the theme of time, many forget the core basics of being able to say 'No'. What is it about this word that frightens people? The usual responses are, I don't want to offend someone, they have helped me so I need to repay the favor, fearful of consequences, being considered unhelpful. The list goes on.

**How do you learn to say 'No' in a way that works for you and provides space for you to navigate the world in a more purposeful way?**

So having been on the journey myself, my thoughts are as follows:

Start by reading 'The Subtle Art of Not Giving a F@%k by Mark Manson. The reality of life is, there are only so many things you can give energy to.

Be truthful with people in your response about why you have to say 'No'. Trust me, people will understand.

Look at the time available and consider the activities that you are doing. What gives you energy and what takes it away?

Start with your family as it is likely they have been a burden on your time . Are you enabling others to stay where they are by not saying 'No'? It will be for the benefit of everyone if you take this step forward.

Consider that the only person that needs to be ok with the choice you make in life is you! Stop worrying about what others think or don't think, that's not your concern.

FOMO is a real thing, but consider the benefits to you if you don't feel under pressure from others.

Thanks for reading with week's newsletter.

Here is the summary:

1. You only have one life so live it! There is no refund or return policy.
2. Learning to say 'No' this will be the best way to take back control.
3. Prioritise time based on your needs, not the needs of others.

# 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](mailto:matt@thecoachingguy.co.uk)