

# QUOTES, QUIBBLE, QUESTION

9<sup>T H</sup> EDITION

F R O M  
T H E  
C O A C H I N G  
G U Y

## W E L C O M E

This week is focused on ' Success'

The way to build something yourself and be judged by your own criteria.

## Q U O T E S

"Success is liking yourself, liking what you do, and liking how you do it" [Maya Angelou](#)

"Success means having the courage. The determination and the will to become the person you were meant to be ". [George Sheehan](#)

"Living authentically true to myself. By being open and vulnerable. And giving myself the permission to do whatever it is , even if it is messy at first" [Adria Biasi](#)

"Success is doing what you want to do, when you want, where you want, with whom you want, as much as you want". [Tony Robbins](#)

# Q U I B B L E

**When 'Success' is talked about it is more often about a large achievement, a new role, or a financial windfall that creates the headline.**

**But success should be individual and judged on your own criteria, not driven by the size of the success, the amount of money you have, the role you play, or what others think.**

**Success is subjective and achievements no matter how small should be celebrated. Success should be about the journey, not the destination, living and learning, and being the best version of yourself.**

# Q U E S T I O N

**What does success mean for you?**

**These are the things to start you thinking...**

**Write down what success means then make it bigger, bolder, and better, and believe you have achieved it.**

**Short-term goals work. Think about building a wall First you need foundations then you lay brick by brick until you have a wall. This is how life works**

**Rewarding yourself externally for your success has its pros and cons. Be conscious of both before you make the leap.**

**Resilience and vulnerability help shape your success**

**Here is the summary:**

- 1. Success is not a destination it's a journey**
- 2. If you want to be successful, judge yourself by your own criteria**
- 3. Success can be shared, so don't be afraid to work with 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**

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