

# QUOTES, QUIBBLE, QUESTION

3<sup>R</sup>D EDITION

FROM  
THE  
COACHING  
GUY

## WELCOME

This week is focused on 'The stories that we tell ourselves'.

Mastering the art of controlling your thoughts and inner conflict, what you project to others, and the value you place on

## QUOTES

"You have been criticizing yourself for years. Try approving yourself and see what happens"  
[Louise May](#)

"When you develop yourself to the point where you are so strong that you know you can accomplish anything you put your mind to, your future will be unlimited" [Brian Tracy](#)

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

"Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind." [Bernard M. Baruch](#)

# Q U I B B L E

I love the quote by Henry Ford above, it sums up life brilliantly. This also goes for the things you want in life. Far too many people focus time and effort on the things they don't want, which attracts more of what they are thinking about.

Manifestation does not discriminate, it doesn't know the value of something, whether it is hard or easy, it only knows that a person wants to attract it. The question you have to ask yourself is how badly do you want it and what action are you prepared to take to get it? Many people give up when it doesn't happen instantly, there is no time frame, it is solely dependent on your thought process, what you tell yourself, and the dialogue you tell the outside world.

People are too quick to judge, focusing energy on what others have, and therefore neglect the inner journey and forging their own path. I could tell you lots of stories about how I have brought about change, and brought people and material things into my life; all through my vision board.

I have had far too many people try to shoot me down for my beliefs, but the belief is in the results that I have generated. So why not start your own journey today and invest more time in believing you have it now and don't get distracted by external factors?

# Q U E S T I O N

If you painted a picture of the life you wanted to lead, what colours would you have; how bright would they be; if you introduced sounds, what sounds would you have; if you made the picture any size how big would you make it; if you were able to add words, what would you say? The truth is, dreams and images of the future are only a starting point, but what a great place to start. You would never paint or write anything negative, so why are you sabotaging yourself in your life right now?

How can you start to change the dialogue in your head so that it manifests the things you want rather than the things you don't?

Having lived a life filled with both highs and lows, my thoughts are as follows:

Start by reading or listening to 'The Secret' by Rhonda Byrne. Manifesting starts with first visualizing what you want, believing that you have it now, and sending it out into the world so that it is attracted to you.

Create a vision board and place it somewhere you see it every day. All the things that you want to attract into your life.

Surround yourself with great and positive people. If you want to continue to grow in life, find people that make you feel stretched.

David Clulow said there are 3 buckets. Things you can control, Things that you can influence, and Things over which you have no control. Focus on the first 2 buckets.

You will have heard people say 'it happened for a reason', look for the brightness through the dark. Or when one door shuts another one opens. You are exactly where you are supposed to be right now. If you want to change that's in your hands

Remember when you meet people and they ask how you are, say something amazing and believe it. The energy is infectious and it creates a new dynamic.

If things like illness, death, poor job satisfaction, and relationship dramas dominate your conversation; the longer you keep saying these things the longer you will stay in the situation. So re-position the dialogue.

Thanks for reading with week's newsletter.

Here is the summary:

1. Change can start today and is not driven by anything other than your desire to do so.
2. Focus on the 2 buckets, Things that are in your control and things that you can influence.
3. The world internally should be what you show externally. So work on how you feel about yourself and everything else takes care of itself.

# 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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