

# QUOTES, QUIBBLE, QUESTION

17<sup>TH</sup> EDITION

FROM  
THE  
COACHING  
GUY

## WELCOME

This week is focused on embracing Resilience - Nurturing Your Path to Success

In the journey of life, there is a profound significance in the path we choose to tread. Often, it is the pursuit of our dreams that leads us to our most defining moments. Yet, it's not uncommon to find ourselves at a tipping point, facing the uncertainty of progress and grappling with the challenges of pursuing something meaningful.

## QUOTES

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

"Success is not about the destination, but the journey. It's not about what you get, but who you become." – [Unknown](#)

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

"Success is the sum of small efforts repeated day in and day out." - [Robert Collier](#)

# Q U I B B L E

How many times have you felt on the cusp of something extraordinary, only to encounter setbacks or roadblocks that made the dream seem distant? It's in these moments that our resilience becomes pivotal.

Resilience is the beacon that guides us through the darkest of times, urging us to persist and keep faith in the path we have chosen. It's about acknowledging that setbacks are not roadblocks but stepping stones toward our goals.

Too often, the temptation to retreat to familiarity creeps in when the dream seems elusive. But let me tell you, right at the brink of giving up is often where the magic happens. It's where persistence pays off, and the seeds of success start to sprout.

Imagine if Thomas Edison had given up after a few failed attempts at inventing the light bulb. Or if J.K. Rowling had let rejection letters deter her from sharing the magic of Harry Potter with the world. Their stories remind us that success often hides behind perseverance.

Each of us possesses a unique path, laden with opportunities and challenges. It's crucial to remember that progress might not always be linear. There will be twists, turns, and unexpected detours along the way. But it's precisely these deviations that contribute to the richness of our journey.

What drives many to abandon their dreams for the familiar path? Is it the lure of money, the influence of those around us, the skeptics, the lack of support, or the haunting words of someone who once doubted our potential? I refuse to let these become barriers; I question whether these are valid excuses or merely figments of our imagination.

# Q U E S T I O N

So, how do we nurture resilience and stay steadfast on our path?

My thoughts as a starting point are:

Firstly, it is about reframing setbacks as lessons. Every challenge holds a valuable nugget of wisdom. Embrace it, learn from it, and let it propel you forward.

Secondly, surround yourself with a supportive community. Share your dreams and aspirations with those who uplift and inspire you. Their encouragement can be the fuel that reignites your passion during moments of doubt.

Lastly, practice self-compassion. Acknowledge that it's okay to stumble and falter. Treat yourself with kindness and understanding, knowing that setbacks don't define your journey—your resilience does.

Remember, you were at the tipping point of something special. Embrace the journey, stay resilient, and don't let the allure of comfort dissuade you from pursuing your dreams. The world is waiting for the unique gifts that only you can offer.

Keep believing, keep striving, and keep walking your extraordinary path.

# 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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