

QUOTES, QUIBBLE, QUESTION

FROM
THE
COACHING
GUY

34TH EDITION

WELCOME

This week is focused on "The magic you are looking for is found in the work that you are avoiding."

In the pursuit of our dreams and aspirations, it's often tempting to seek shortcuts, to bypass the toil and sweat required for genuine success. Yet, hidden within the tasks we shun lies a profound truth, the magic we seek is not in the avoidance, but in the embrace of the hard work. Choosing the difficult path over the easy one not only yields more rewarding outcomes but also addresses the root of our challenges, ensuring long-term solutions rather than fleeting fixes.

QUOTES

"The only place where success comes before work is in the dictionary." - [Vidal Sassoon](#)

"The harder you work for something, the greater you'll feel when you achieve it." - [Unknown](#)

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

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure." - [Colin Powell](#)

Q U I B B L E

In a world that often glamorizes instant gratification and effortless solutions, it's crucial to remember that the path of least resistance seldom leads to enduring fulfillment. While opting for the easy way out might offer temporary relief, it rarely addresses the underlying issues or fosters personal growth. True transformation and lasting success require confronting challenges head-on, embracing discomfort, and persisting in adversity.

Every soul yearns for greatness, yet greatness is not found in the avoidance of challenges but in the relentless pursuit of excellence. It's easy to be seduced by the allure of comfort and convenience, but true fulfillment lies beyond the realm of the familiar. Embrace the discomfort, for it is the forge where your character is shaped and your dreams are realized.

The comfort of the known, the safety of routine, can lull us into complacency. It whispers sweet promises of ease, a promising respite from the trials of the unknown. But therein lies the trap: comfort breeds stagnation, while growth demands discomfort. It is in the crucible of challenge that our mettle is tested, our resolve hardened, and our potential realized.

Avoidance only delays the inevitable confrontation with our limitations. By shying away from difficulty, we rob ourselves of the opportunity to stretch our boundaries and to push beyond what we thought possible. Growth requires friction, resistance, and yes, even failure. It is through adversity that we learn resilience, through setbacks that we cultivate wisdom, and through perseverance that we achieve greatness.

Embrace the discomfort, for it is the forge where your character is shaped and your dreams are realized. The path of least resistance may seem inviting, but it is the path of most resistance that leads to true fulfillment. Dare to venture into the unknown, to confront your fears, and to embrace the challenges that lie ahead. For it is in the struggle that the magic of transformation occurs, and it is in the work that you are avoiding that you will find the true essence of your potential.

Q U E S T I O N

I leave you with a question to ponder.

In what areas of your life have you opted for the easy path instead of the hard one, and how has it affected your long-term growth and satisfaction?

If you find a job easy it's not fulfilling.

If you find a job hard, its not going to be simple.

Anything worthwhile takes time.

Whenever you start something new the cycle goes exciting, then challenging, then rewarding, then easy, then unfulfilling.

If you are feeling deeply unfulfilled, it's time for a change, it doesn't have to be big, but it does have to be challenging.

Curious how I can help you? Then book a free consultation, link in my bio. Or if you like my content and want this sent straight to your inbox every Monday, subscribe to my newsletter.

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