

QUOTES, QUIBBLE, QUESTION

F R O M

T H E

C O A C H I N G

G U Y

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W E L C O M E

This week is focused on 'Care'

Going about your life with the purposeful intent to care about others.

Q U O T E S

"Sometimes it takes only one act of kindness and caring to change a person's life" [Jackie Chan](#)

"Caring people help others not because they expect a reward, but because it is natural to show kindness". [Anonymous](#)

"The simple act of caring creates an endless ripple that comes back to you" [Unknown](#)

"To make a difference in someone's life, you don't need to be brilliant, rich, beautiful, or perfect. You just have to care" [Unknown](#)

Q U I B B L E

I am sure at some point you will have said these words in a conversation 'But I don't care' in response to something that has been said.

Then proceeded to continue to talk about the person or the subject matter. Well, if you did not care you would not be talking about it or them!

So maybe adjust your perspective and come from a place of care and understanding. That way it's not about whether you care or not, it's about what the other person may need at that time?!

Q U E S T I O N

How might you show others that you are a caring person?

These are the things to start you thinking...

Think about doing one nice thing for someone every day. The smaller things matter the most

Be the person that asks the questions rather than the person who offloads

Send messages to people you haven't spoken to in a while, let them know you are thinking of them

Say "I care or I love you" more frequently

If you are at work, check in with your team more frequently, not about the to-do list, but how they are

If someone comes to you and asks for time, make the time

Here is the summary:

1. Showing that you care, doesn't take a lot, but it requires effort to start the ball rolling
2. If you care about yourself, this allows you to care about others. It's the same for love
3. If everyone did more of it every day, the people around you would respond more positively

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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