

# QUOTES, QUIBBLE, QUESTION

23<sup>RD</sup> EDITION

FROM  
THE  
COACHING  
GUY

## WELCOME

This week is focused on Self-care.

In the hustle and bustle of today's busy life, there's a little voice inside us urging us to take care of ourselves. Imagine the noisy streets, the rush of deadlines - but in the middle of it all, there's a peaceful place where we can focus on looking after ourselves. This is where the journey to making self-care a priority starts.

## QUOTES

"Self-care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others." - [Parker Palmer](#)

"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." - [Audre Lorde](#)

"The most powerful relationship you will ever have is the relationship with yourself." - [Steve Maraboli](#)

"You can't pour from an empty cup. Take care of yourself first." – [Unknown](#)

# Q U I B B L E

In our quest for productivity, for success, for meeting the demands of our roles, we often relegate self-care to the back burner. We dismiss it as a luxury, an indulgence we cannot afford amidst our busy schedules. But herein lies the fallacy – for self-care is not a luxury, it is a necessity. It is the foundation upon which all else is built. Without it, we risk burnout, exhaustion, and a loss of connection with ourselves

Think of self-care as the sturdy foundation upon which the rest of our lives are constructed. Without it, the structure crumbles, leaving us vulnerable to burnout, fatigue, and a disconnection from ourselves. Just as a building needs a solid base to stand tall amidst storms, we require self-care to weather the challenges and pressures of life.

When we neglect self-care, we risk running ourselves into the ground, depleting our energy reserves, and losing touch with our own needs and desires. It's like trying to drive a car without ever stopping to refuel – eventually, it will come to a grinding halt. Similarly, without replenishing ourselves through self-care practices, we become less effective, less resilient, and less able to navigate life's twists and turns.

So, let's debunk the myth that self-care is optional or selfish. Instead, let's recognize it for what it truly is: a vital component of a balanced, healthy, and fulfilling life. By prioritizing self-care, we not only safeguard our own well-being but also enhance our capacity to show up fully for the people and tasks that matter most to us. It's not an indulgence – it's a necessity.

# Q U E S T I O N

So, as we navigate the intricacies of our daily lives, let us pause and ponder:

*Are you truly prioritizing self-care?*

*Are you carving out time in your schedules to nurture your physical, mental, and emotional well-being?*

*And perhaps most importantly, are we leading by example, inspiring those around us to embrace self-care as a non-negotiable aspect of life?*

Think about it – for the answer may just hold the key to a life of balance, fulfilment, and genuine vitality.

# 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](mailto:matt@thecoachingguy.co.uk)