

QUOTES, QUIBBLE, QUESTION

8^{T H} EDITION

F R O M
T H E
C O A C H I N G
G U Y

W E L C O M E

This week is focused on 'Change'

What are you prepared to do to make it happen?

Q U O T E S

"Life will only change when you become more committed to your dreams than you are your comfort zone" [Billy Cox](#)

"The greatest discovery of all time is that a person can change their future, merely changing their attitude ". [Oprah Winfrey](#)

"Never too old, never too bad, never too late, never too sick to start from scratch again"
[Bikram Choudhury](#)

"Life has no remote, get up and change it yourself". [Anonymous](#)

Q U I B B L E

Lots of people say they want to change or want something better for their life, but when push comes to shove they give up. In the workplace, advancement of a career is expected now, rather than because of effort and capability.

Why is going beyond not considered the norm? Doing what is necessary when it's required.

Words like I don't get paid enough, it's not my job are catastrophic in teams and businesses alike.

Imagine you said in your home relationships, I am not doing that, what's in it for me? Consider the response you would get.

So why do we keep hearing the same things and if you want change, what are you prepared to do to make it happen?

Q U E S T I O N

If you want change, what are you prepared to give up to make it happen?

These are the things that worked for me.

Social media – stop thinking about other people and focus on yourself

Reduce your TV consumption– use an hour a day to read something new, in 365 days you have 365 hours of greater knowledge

Effort is rewarded in life, so find ways to do more

Do things because it matters to you and you will find it matters to others.

Surround yourself with successful people, it rubs off and raises the conversation

Set short-term goals, the reason people fail is because on their first try they try to shoot for the stars.

Here is the summary:

- 1. Change is instant, it just takes a switch in mindset**
- 2. Effort is rewarded, so find ways to do more**
- 3. Create positivity either in yourself or with the people you surround yourself with**

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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