

QUOTES, QUIBBLE, QUESTION

29TH EDITION

FROM
THE
COACHING
GUY

WELCOME

This week is focused on whether you are Ready for Change

Embracing change is often perceived as a monumental leap, a grand gesture demanding perfect timing and a surge of courage. Yet, upon closer examination, you might find that change often unfolds in subtle, incremental shifts rather than dramatic moments. It is a dance between readiness and action, a journey that begins within the confines of one's own mind.

QUOTES

"The only way to make sense out of change is to plunge into it, move with it, and join the dance." - [Alan Watts](#)

"Progress is impossible without change, and those who cannot change their minds cannot change anything." - [George Bernard Shaw](#)

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek." - [Barack Obama](#)

"Change your thoughts and you change your world." - [Norman Vincent Peale](#)

Q U I B B L E

Let's think about readiness for change. Is there ever really a perfect time to make a change? Or is it more about taking small, deliberate steps over time? Maybe the essence of change isn't in big dramatic moves, but in quietly resolving to take one step forward, then another, until the path ahead becomes clearer.

When we talk about people dealing with addiction, we often hear that they need to be ready to change their lives. But this idea goes beyond addiction. Whether it's switching careers, starting a business, or changing your lifestyle, the key to change is having certainty in your own mind.

Without that inner conviction, any actions we take might feel empty, lacking the real substance needed for true transformation. Some might say that change requires a sudden moment of realisation, like a light bulb going off in your head. While those moments can be powerful, they usually come after lots of smaller shifts in how we think and see the world. It's these little changes that lay the foundation for bigger ones. And it's often helpful to have someone like a coach or mentor to guide us through these shifts and help us figure out our next steps. A coach can bridge the gap between our dreams and reality, giving us advice, strategies, and someone to hold us accountable. They can also help us see things we might have missed, challenge our doubts, and give us the courage to take big leaps forward.

It's pretty common for people to wait for a big moment or feeling to push them into making a change, instead of seeing change as a constant part of life. You've probably heard someone say "life is too short" after someone passes away, making us realize we need to make the most of every moment. Just imagine if we could adopt a mindset that encourages us to grab every opportunity and see change as something that's always there, guiding us forward.

Change is best when it happens gradually, especially when things are going well. It's much easier to make changes when we're riding high on success, rather than when we're facing tough times. By making small adjustments during the good times, we can use that positive energy to make bigger changes and have an even greater impact.

Q U E S T I O N

What small changes can you make today to align your actions with the change you wish to see in your life?

I do love Dave Brailsford marginal gains because it sums up what is required to make big changes. Making many small tweaks across all areas of your life, will provide the big change you are looking for.

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