

QUOTES, QUIBBLE, QUESTION

22ND EDITION

FROM
THE
COACHING
GUY

WELCOME

This week is focused on Direction vs. Speed

Life often feels like a race against time, a relentless pursuit of speed. We're bombarded with messages urging us to move faster, achieve more, and constantly outpace ourselves. During this frenzy, it's easy to forget a timeless truth – direction is so much more important than speed. Some are going nowhere fast!

QUOTES

“It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.” - [Charles Darwin](#)

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

“Your time is limited, don't waste it living someone else's life.” - [Steve Jobs](#)

“The journey of a thousand miles begins with a single step.” - [Lao Tzu](#)

Q U I B B L E

In the race to succeed and accomplish, the direction often becomes a quibble. Life pulls us in various directions, presenting choices that may seem conflicting or confusing. Sometimes, the path toward our goals seems like navigating a maze, filled with twists, turns, and unexpected detours. It's in these moments that the allure of speed can cloud our judgment, making us forget the importance of the path we're treading.

The truth is, that direction is the quiet hero in the story of our lives. It's the steady compass that keeps us on course when storms of doubt and challenges threaten to knock us off balance. Unlike speed, which can be fleeting and superficial, direction is the deeper current that shapes our character, defines our purpose, and determines the destination of our journey.

Yet, following a clear direction is easier said than done. External pressures, societal expectations, and our insecurities can create a fog that obscures the path ahead. It's tempting to succumb to the urgency of speed, to measure our worth by how fast we're moving rather than the purposeful steps we're taking.

I was having a chat with my brother-in-law, who happens to be a long-haul pilot with British Airways. He shared this fascinating nugget called the "1 in 60 rule." Basically, for every degree you're off course and flying for 60 minutes, you end up one mile away from your intended destination. Picture this: if you embarked on a 22-hour flight from London to Sydney, you'd find yourself landing in Bankstown, Australia instead. Quite a surprise, right? You wouldn't realize it until you touched down causing a rollercoaster for you and everyone else around you.

It got me thinking – life's a bit like that, isn't it? The course we set needs to be purposeful but can over time lead us far from where we originally intended to go. It's a reminder to stay aware of the path we're on and to ensure it aligns with our true purpose, correcting where necessary.

It's not just about the destination; it's about making sure each step is taking you where you genuinely want to go. After all, nobody wants to end up in Bankstown when you are aiming for Sydney.

Q U E S T I O N

So, how can we ensure that the direction we're following is the right one? Consider this:

What values and principles guide your decisions and actions in both your personal and professional life?

Take a moment to reflect on whether the speed at which you're moving aligns with the direction you truly want to go. It's in this introspection that we often find the clarity and conviction needed to course-correct and steer toward a more meaningful and fulfilling journey.

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