

QUOTES, QUIBBLE, QUESTION

4TH EDITION

FROM
THE
COACHING
GUY

WELCOME

This week is focused on 'Accountability'.

Taking ownership of your actions, being part of the solution, and making hard decisions to enable change.

QUOTES

"If you are not responsible for your actions, who is?" [Frank Sonnenberg](#)

"The first to apologize is the bravest; The first to forgive is the strongest; The first to forget is the happiest" [Anonymous](#)

"It's easy to blame others for your situation, it's much more productive to search inside yourself for the answers". [Anonymous](#)

"More people would learn from their mistakes if they weren't so busy denying them"
[Anonymous](#)

Q U I B B L E

If we want honesty and accountability, is society set up for it to feel safe to do so? With the likes of Politicians and TV presenters diverting the truth, creating scandal rather than owning their truth.

Schools choose punishment, rather than understanding with suspension, expulsion or corporal punishment with the cane or slipper in my day. Workplaces not creating psychological safety in teams where taking risks and making mistakes should be encouraged. Individuals look outwardly for answers rather than internally. Blaming others including government, society, friends, and family, rather than taking personal accountability for the decision that have been made.

Imagine what would be possible if each person focused on what was in control and made better decisions. Saying your real truth is hard for most people, given that everything has consequences.

This is also a major contributor to Mental Ill Health, living a lie has somehow become normal, impostor syndrome is real. If everyone thought they were enough, the opinion of others were not important, honesty and accountability would be more prevalent.

Q U E S T I O N

How can you be more accountable for your actions and be part of the solution, not the problem?

Having lived a life filled with internal conflict and finding my way to greater personal accountability, these are my thoughts:

With the pace of life not slowing down, take more time to consider the options and therefore the decisions you are making. No matter how big or small they are.

You are where you are supposed to be in life, if you want to climb the staircase, take each step at a time. So don't try to run before you can walk.

Accountability is not about blame, but recognizing where there is a learning in life and not repeating it.

Look internally first and ask what more could I have done?

Stop with the excuses you tell yourself about why something happened. Ask why did happen.

Write stuff down, you are more likely to complete the task if it's not just one of many things going around in your head.

Be honest with others and tell the truth, no matter how painful it is for you or the other person

Stop wasting time on things that are not working, we all know when it is not! So make a quicker decision

Here is the summary:

- Decisions are yours to make, so make them and stand by the outcome
- Take action quicker when something is not working
- Speak your own truth, as I quoted last week in the third newsletter, Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind."

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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