

# QUOTES, QUIBBLE, QUESTION

5<sup>T H</sup> EDITION

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## W E L C O M E

This week is focused on 'Appreciation'.

Life must be filled with moments of appreciation for the things we have and the people we surround ourselves with.

## Q U O T E S

"Trade your expectation for appreciation and your world will change in an instant"

[Tony Robbins](#)

"A person that is appreciated will always do more than expected" [Unknown](#)

"Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary". [Margret Cousins](#)

"Enjoy the little things, for one day you may look back and realize they were the BIG things."

[Robert Brault](#)

# Q U I B B L E

**Why do we find ourselves in a place where thank you and appreciation are often forgotten words?**

**If we all took a moment out of our days to appreciate how we feel about the people around us and the impact someone has had on our lives, the world would feel very different. Is it generational, is it upbringing, is it a choice?**

**I firmly believe that it's the latter, the choices each of us make, often with no consideration for others, and as a consequence hesitation and resentment have become the norm. Think about your relationship, the way you treat them, and the positive and negative impact you could have on their lives and in return your own.**

# Q U E S T I O N

How can you look for more ways to appreciate your life and those around you who contribute?

As a people person, a pleaser, and having navigated the highs and lows of leading large teams my thoughts are as follows:

Start by looking for the good in people, the small and the big things that people do for you. Say “thank you” or “I appreciate you” and explain why.

Look at your partner and the role each of you play in the home and consider whether you take them for granted and appreciate the value they bring to your life.

Treat everyone as an individual and appreciate them for who they are, don’t try to change them. Slow down in life and smell the roses. Too often we are a driver, not the passenger.

Here is the summary:

1. Slow down in life and appreciate what you have and the people around you.
2. Look for more ways to say thank you and I appreciate you.
3. Make different choices, your generation or upbringing has nothing to do with how you can make people feel. Remember that making others feel great in turn makes us personally feel great.

# 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)