

QUOTES, QUIBBLE, QUESTION

47TH EDITION

FROM
THE
COACHING
GUY

WELCOME

Welcome, this week we are focusing on Laziness.

Is it a matter of personal choice, a reflection of one's environment, the nature of the task, or perhaps a sign of a deeper lack of passion? As coaches and individuals striving for self-improvement, understanding the roots of laziness can help us address it more effectively.

The word laziness arose in the sixteenth century, older terms for the germane notions are indolence and sloth. Indolence derives from the latin indolentia, (without pain). Sloth has more moral and spiritual connotations.

QUOTES

"Laziness is nothing more than the habit of resting before you get tired." [Jules Renard](#)

"People who throw kisses are hopelessly lazy." [Bob Hope](#)

"Laziness is the mother of all bad habits. But ultimately, she is a mother and we should respect her."
[Shikamaru Nara \(from Naruto\)](#)

"The lazier a man is, the more he plans to do tomorrow." [Norwegian Proverb](#)

QUIBBLE

One author Devon Price even believes that laziness does not exist. When you are seeking to predict or explain a person's actions, looking at the social norms and the person's context is usually a safe bet. Situational constraints typically predict behaviours far better than personality, intelligence, or other individual's level traits.

We are being lazy if we can do something that we ought to do but are reluctant to do it because of the effort involved. We do it badly or do something else that is less strenuous or onerous, or simply remain idle. In other words, we are being lazy if our motivation to spare ourselves effort trumps our motivation to do the right or best or expected thing, assuming, of course we know what this is.

A common quibble arises when discussing laziness. Is it an innate trait, or is it influenced by external factors? Some argue that laziness is a natural disposition, where certain individuals are simply less inclined toward effort and productivity. This perspective often links laziness with personality traits or even genetic predispositions.

On the other hand, others believe laziness is a result of environmental influences and situational contexts. For example, an uninspiring task or a demotivating environment can lead to a lack of effort. This viewpoint suggests that if people were placed in the right circumstances—where tasks align with their passions and they feel supported—they would be more motivated and less likely to exhibit laziness.

Additionally, the nature of the task itself plays a critical role. A task that feels meaningless or overly challenging without proper support can lead to procrastination and perceived laziness. This indicates that what we often label as laziness may sometimes be a symptom of deeper issues, such as lack of direction, fear of failure, or burnout.

Here are some tips to move from lazy to active.

- Set Clear and Achievable Goals
- Create a Routine
- Find Your Motivation
- Minimize Distractions
- Accountability and Support
- Reward Yourself
- Develop a Growth Mindset
- Physical and Mental Well-being
- Start Small
- Reflect and Adjust

Q U E S T I O N

“Do you believe laziness is more a result of personal disposition, environmental factors, or the nature of the task? Have you ever experienced a situation where what seemed like laziness was actually something else?”

Curious how I can help you? Then book a free consultation, link in my bio. Or if you like my content and want this sent straight to your inbox every Monday, subscribe to my newsletter by visiting www.thecoachingguy.co.uk

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