

# QUOTES, QUIBBLE, QUESTION

43<sup>RD</sup> EDITION

FROM  
THE  
COACHING  
GUY

## WELCOME

This Week we focus on When to Persevere and When to Let Go

Should I persevere or is it time to let go? This question is central to many of our journeys, whether in personal aspirations, professional goals, or relationships.

## QUOTES

"It does not matter how slowly you go as long as you do not stop." - [Confucius](#)

"Knowing when to walk away is wisdom. Being able to is courage. Walking away, with your head held high is dignity." - [Anonymous](#)

"Winners never quit, and quitters never win." - [Vince Lombardi](#)

"Sometimes, the best way to solve a problem is to stop participating in the problem." - [Anonymous](#)

# Q U I B B L E

## The Debate on Perseverance vs. Letting Go

### In Favor of Perseverance

**Growth and Resilience** - Persisting through challenges can foster resilience and personal growth. Overcoming obstacles often leads to a deeper understanding and stronger character.

**Success Stories** - Many success stories—from authors who faced countless rejections to athletes who defied the odds—highlight the rewards of relentless perseverance. These tales inspire and remind us that determination can lead to extraordinary outcomes.

**Commitment and Fulfilment** - Continuing to pursue a goal can bring a deep sense of fulfillment and achievement. It shows commitment to one's dreams and values.

### In Favor of Letting Go

**Resource Allocation** - Holding onto a lost cause can drain valuable resources like time, energy, and finances. Letting go allows for the redirection of these resources towards more promising endeavors.

**Mental and Emotional Health** - Persisting in the face of insurmountable odds can lead to burnout and emotional distress. Recognizing when to let go can be crucial for mental and emotional well-being.

**Opportunity Cost** - Sticking with one path may prevent exploration of other, potentially more rewarding opportunities. Letting go can create space for new experiences and growth.

### Impact of Giving Up

**The decision to give up or continue has profound implications.**

**Positive Outcomes** - Letting go can lead to personal liberation, new beginnings, and the discovery of better paths. It can provide clarity and free up resources for more fruitful pursuits.

**Negative Outcomes** - Conversely, giving up can also bring feelings of regret, missed opportunities, and the loss of potential achievements. It can impact one's sense of self and perceived ability to overcome challenges.

# QUESTION

Reflect on a current challenge or goal you're facing. "Am I holding onto this because it truly aligns with my values and long-term goals, or because I'm afraid of what giving up might signify?"

Let Me share a personal experience to bring this to life.

When I was twelve, I spent a summer at my grandparents' home in Norfolk. It was an old Victorian schoolhouse perched on the edge of Bungay, a place filled with the whispers of history and the warmth of family. My parents and siblings had gone home, but I stayed on alone. It was my first time being away from them, and though the independence was thrilling, it also filled me with a quiet apprehension.

On the second night, I found myself in the kitchen with my grandmother. We were chatting then suddenly, a heavy thud echoed from the bathroom next door. My heart skipped a beat. My grandfather was in there.

"Grandfa?" we called out. There was no answer. Panic started to creep in as we rushed to the bathroom door, knocking and calling out. The door was locked.

My grandmother's voice, usually so steady, was now tinged with urgency as she called for other family members who lived in the house to come quickly.

We managed to force the door open, and there he was, my grandfather, lying on the floor. We called for an ambulance, but deep down, we knew it was too late. He had passed away.

That night marked a profound shift in my young life. From then on, my childhood was shadowed by an intense fear of loss. I became the child who clung tightly to family, held fiercely to relationships, and resisted any form of separation. The echo of that thud in the bathroom haunted me, a stark reminder of how fragile and fleeting life could be.

In the years that followed, I struggled to let go of people and moments. The idea of losing someone, anyone, was unbearable. I threw myself into maintaining connections, often at my own expense, desperate to keep everyone close. The pain of holding on was almost as intense as the fear of letting go. Yet, as I grew older, I began to learn the difficult lesson that sometimes, the most courageous act is to release what we cannot hold onto.

My journey from that night in Norfolk taught me the delicate balance between holding on and letting go. It took time, resilience, and determination, but I eventually found peace in the understanding that loss is a part of life, and that sometimes, letting go is the only way to truly grow.

The process was neither quick nor easy. My journey taught me that holding on is sometimes an act of fear, while letting go can be a profound act of self-love.

Now, years later, I look back on those painful experiences with a sense of gratitude. It taught me the art of letting go, a lesson that continues to shape my life. Embracing the unknown, trusting in the journey, and knowing when to release has become a source of strength and wisdom.

Letting go isn't about giving up; it's about making space for new beginnings. It's about recognising that some people and situations are part of our story, but not our entire story. And in that understanding, I have found a profound sense of peace and freedom.

# THANKS

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)