

# QUOTES, QUIBBLE, QUESTION

FROM  
THE  
COACHING  
GUY

40<sup>TH</sup> EDITION

## WELCOME

This week is focused on Resilience and the Impact of External Factors on Our Inner World.

A quote that sums this up is:

“Ships don't sink because of the water around them. Ships sink because of the water that gets in them. Don't let what happens around you get inside you and weigh you down.”

## QUOTES

“You cannot control the wind, but you can adjust your sails.”– [Elizabeth Edwards](#)

“The greatest glory in living lies not in never falling, but in rising every time we fall.”  
– [Nelson Mandela](#)

“It's not what happens to you, but how you react to it that matters.”– [Epictetus](#)

“Hardships often prepare ordinary people for an extraordinary destiny.”– [C.S. Lewis](#)

# Q U I B B L E

**Does resilience mean ignoring your emotions?**

**On the one hand, resilience requires emotional control. Some argue that being resilient means maintaining emotional fortitude and not letting feelings of fear, anger, or sadness dictate our actions. This viewpoint suggests that emotions should be managed and kept at bay to stay focused and effectively overcome challenges.**

**On the other hand, emotional awareness is Key to True Resilience. Others believe true resilience involves acknowledging and processing emotions rather than suppressing them. This perspective asserts that understanding and embracing our feelings can lead to greater self-awareness and better coping strategies, ultimately fostering genuine resilience.**

**Navigating through life's tumultuous waters without allowing them to sink your ship is the essence of resilience. It's about finding strength within, despite the storms that rage around you. The challenge lies in not letting external chaos seep into your inner world, where it can weigh you down and impede your progress. Whether it's through adjusting your sails or rising after each fall, building resilience involves both controlling your responses and embracing your emotions. By cultivating resilience, you empower yourself to face adversities head-on and emerge stronger.**

# Q U E S T I O N

I leave you with a question to ponder.

**What strategies do you currently use to keep the external pressures of life from overwhelming you internally, and how might you strengthen your resilience in the face of future challenges?**

## Area to prioritise

- Mindfulness and Meditation
- Establishing a Personal Routine
- Creating a Controlled Environment
- Cognitive Techniques
- Building Emotional Resilience
- Time Management Skills
- Social and Communication Strategies
- Engaging in Physical Activities
- Developing Strong Focus and Attention Skills
- Cultivating a Growth Mindset

## Practical Tools and Techniques

- Apps and Technology
- Time-Blocking
- Journaling and Reflection

## Applying These Methods

- Start Small
- Consistency is Key
- Adapt to Your Needs

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.

# 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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