

QUOTES, QUIBBLE, QUESTION

FROM
THE
COACHING
GUY

63RD EDITION

WELCOME

Life isn't always smooth sailing. We stumble, fall, and sometimes feel like giving up. But as the saying goes: "Mirror, mirror on the wall, I'll always get up after I fall. Whether I run, walk, or crawl, I'll set my goals and achieve them all."

This week, let's talk about the power of persistence. It's not about how quickly you move—it's about continuing to move forward. Resilience is the engine of progress, and it's fuelled by a clear vision, determination, and grit.

Whether you're walking tall or crawling on all fours, staying the course means believing in yourself, even when the mirror reflects challenges.

QUOTES

"It's not whether you get knocked down, it's whether you get up." – [Vince Lombardi](#)

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

"Fall seven times, stand up eight." – [Japanese Proverb](#)

"Success is not final, failure is not fatal: it is the courage to continue that counts." – [Winston Churchill](#)

QUIBBLE

When obstacles pile up, it's easy to feel like the journey isn't worth it. The struggle feels too real, and progress seems too slow.

When faced with adversity, many of us have an inner voice that whispers, "Maybe this isn't meant to be," or, "It's just too hard." This mindset often creeps in during moments of exhaustion, repeated setbacks, or slow progress. It's easy to feel like the weight of the challenge is too much, and the temptation to stop or pivot to something easier becomes overwhelmingly strong.

This feeling is natural. Humans are wired to seek comfort and avoid pain. When something pushes us to our limits, we instinctively look for an escape route. But here's the truth: the hard moments are the ones that define us. The path to achieving meaningful goals is rarely smooth or easy—it's the persistence through difficulty that leads to success.

Why This Happens:

Overwhelm: Goals often feel enormous when viewed as a whole.

Perfectionism: We fear failing again or making mistakes, so we hesitate to try.

Fatigue: Mental, emotional, or physical exhaustion makes challenges feel insurmountable.

Doubt: The gap between where we are and where we want to be can shake our confidence.

Actionable Tips to Overcome It:

Break It Down:

Large goals can feel like mountains. Instead of focusing on the summit, focus on the next step. Breaking goals into bite-sized, manageable tasks can reduce feelings of overwhelm and make progress feel attainable.

Example: Instead of saying, "I need to finish this huge project," reframe it as, "Today, I'll write the introduction."

Redefine Success:

Success isn't about perfection, it's about progress. Remind yourself that imperfection is part of the process. Allow room for mistakes and view them as learning opportunities, not setbacks.

Ask yourself: What did I learn from this challenge that will help me next time?

Rest and Recharge:

It's hard to stay motivated when you're running on empty. Prioritize self-care—rest, hydration, nutrition, and sleep—so you're physically and mentally equipped to tackle your goals.

Try: Scheduling regular breaks or stepping away from a challenge to return with fresh energy and perspective.

Reconnect with Your "Why":

Why did you set this goal in the first place? Remind yourself of the bigger picture. Visualize how achieving this goal will positively impact your life, career, or relationships.

Tip: Write your "why" on a sticky note and place it somewhere visible for daily motivation.

Celebrate Small Wins:

Progress can be slow, but even the smallest wins count. Acknowledge and celebrate them to keep momentum alive.

For example: "I wrote 100 words today, that's 100 more than yesterday!"

Shift Your Perspective:

See challenges as stepping stones, not roadblocks. Each obstacle overcome is a skill or strength you'll carry forward.

Affirmation: "This is hard, but I've faced hard things before and come out stronger."

Leverage Support Systems:

No one achieves success alone. Share your struggles with trusted friends, mentors, or coaches. They can provide encouragement, offer fresh insights, or simply remind you that you're not alone.

Mindset Reset:

When the voice in your head says, "This is too hard," respond with, "It's hard because it's worth it." Hard doesn't mean impossible, it means growth.

By reframing difficulty as an opportunity for resilience, you not only achieve your goals but also build confidence, strength, and a deeper belief in your ability to overcome challenges in the future.

The key is to keep moving. Whether you're running, walking, or crawling, every step is progress. It's not about speed, it's about persistence. The finish line is still waiting for you, no matter how long it takes to get there.

Q U E S T I O N

“What’s one step you can take today, whether it’s big or small, fast or slow, that moves you closer to a goal you’ve been struggling with?”

Remember, resilience isn’t about avoiding falls. It’s about getting up, dusting yourself off, and continuing forward. The journey might look different than you planned, but you’ll get there as long as you don’t stop.

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