

QUOTES, QUIBBLE, QUESTION

60TH EDITION

FROM
THE
COACHING
GUY

WELCOME

This week, let's reflect on how the "grass is greener" mentality subtly influences our lives. The truth is, genuine contentment rarely comes from having everything but from realizing that what we already have is enough. Just like watering a plant, nurturing what we currently possess helps it grow, while always looking over the fence distracts us from tending to our own gardens.

Have you ever noticed how often we look outside of ourselves, envying what others have, only to miss the value of what we already hold? In our world, it seems like a constant search for the "better," whether it's relationship status, fame, youth, or wealth. Each group covets what it doesn't have, and the irony is that those on the other side of the fence are often longing for what they've left behind or can't attain.

QUOTES

"The secret of happiness is to admire without desiring." [Carl Sandburg](#)

"Comparison is the thief of joy." [Theodore Roosevelt](#)

"Happiness is not having what you want but wanting what you have." [Rabbi Hyman Schachtel](#)

"Wealth consists not in having great possessions, but in having few wants." [Epictetus](#)

Q U I B B L E

"But isn't wanting more what keeps us growing?"

A common pushback to focusing on contentment is the idea that it might lead to stagnation or complacency. It's true that setting goals and aspiring to grow are essential to a fulfilling life, but these aren't at odds with contentment. Growth should be an extension of gratitude, not a chase for "greener" grass. When we pursue goals from a place of appreciation for what we already have, our achievements become even more fulfilling.

It's a fair question! Many of us feel that the desire for "more" fuels our drive, creativity, and ambition. After all, isn't it those goals and dreams that push us forward and keep us striving for a better life? While ambition can indeed be positive, the challenge arises when it turns into chronic dissatisfaction. That's when ambition becomes a chase for an endless "more" that's always just out of reach, creating a cycle of wanting instead of growing.

True growth doesn't come from wishing for things we don't have but from making the most of what we already do. This mindset shift is both freeing and empowering, and it doesn't mean you stop pursuing goals or dreams. Instead, it means pursuing them with gratitude and focus, recognizing the wealth already present in your life. Growth that stems from appreciation rather than lack is more fulfilling, sustainable, and ultimately rewarding.

Actionable Tips to Balance Growth with Contentment

Daily Gratitude Practice

Start or end each day by noting three things you're grateful for that day. Try to get specific, focusing on small yet meaningful things that you might usually overlook. This doesn't replace goal-setting; it simply refocuses your perspective on what's already positive in your life, making it easier to appreciate the journey as you work toward your goals.

Practice "Enough" Statements

Create a habit of affirming what is "enough" in your life. For instance, instead of thinking, "I need to make more money to feel secure," try shifting it to "I have enough today to meet my needs, and I'm grateful for it." Reaffirming that "enough" is already present doesn't limit ambition; it simply grounds it, reminding you that each step is meaningful.

Create a Personal Value Growth Chart

Rather than measuring growth through material gains or accomplishments, create a chart tracking qualities or values you want to enhance. For example, if compassion is a value you cherish, make a point to record ways you practice it in daily life. This approach encourages personal growth rooted in values rather than external achievements, creating satisfaction in areas that directly contribute to your well-being.

Focus on One Goal at a Time

In a world of endless goals, it's easy to want everything at once. However, research shows that focusing on a single goal at a time leads to better results and greater satisfaction. Pick one meaningful goal to pursue over the next few months. This focused approach not only improves your chances of success but also lets you enjoy each achievement, rather than rushing toward the next "greener" goal.

Declutter and Reflect

Decluttering isn't just about tidying your space—it can be a powerful exercise in reminding yourself that "less" can often lead to "more." Try spending a weekend sorting through one area of your home or workspace and letting go of things that no longer serve you. As you declutter, reflect on the contentment you feel with what remains and how much of what you once wanted is now unnecessary.

Celebrate Small Wins

Often, we get so focused on the "big" goal that we forget the small wins along the way. Set a reminder each week to look back and celebrate one or two small accomplishments that brought you closer to your bigger vision. Recognizing these steps allows you to see how far you've come and appreciate the process, instead of only valuing the final outcome.

By practicing these small shifts, you can nurture an attitude of contentment and gratitude while still keeping your ambitions alive. The grass isn't greener somewhere else; it becomes greener where we water it. Make sure you're nurturing your own garden, appreciating its growth, and setting goals that align with the abundance that's already there.

Q U E S T I O N

“What are three things in your life right now that you take for granted but, if you looked closer, might be worth nurturing or appreciating more deeply?”

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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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