

QUOTES, QUIBBLE, QUESTION

62ND EDITION

FROM
THE
COACHING
GUY

WELCOME

This week's focus unburdening yourself from the mundane.

We often think we need to completely change our circumstances or even our jobs to find more fulfillment in life. But what if I told you that one of the easiest ways to reinvigorate your life is by switching up the routine you've settled into? You don't have to leave everything behind to create a spark of joy and excitement—sometimes, all it takes is changing how you do things, even if they're familiar.

QUOTES

"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."

Socrates

"If you want something you've never had, you must be willing to do something you've never done."

Thomas Jefferson

"Life is what happens when you're busy making other plans." **John Lennon**

"Your routine is your comfort zone. But comfort zones are where dreams go to die." **Unknown**

QUIBBLE

A Common Quibble: The Illusion of "More" vs. The Power of "Different"

We're conditioned to believe that in order to feel truly fulfilled, we need to make drastic life changes. Quit your job. Move to a new city. Take up a completely different career. There's nothing wrong with these aspirations, of course. Change can be powerful and transformative. But sometimes, in our relentless pursuit of "more," we overlook the simple but profound power of doing things differently.

Here's the quibble: People often fall into the trap of thinking that the solution to feeling stuck, bored, or unsatisfied is an external change, something big, something radical. And while external changes can sometimes help, they aren't always necessary. You can breathe new life into your current life, routine, and work without switching careers or moving across the world. The key is finding small, deliberate ways to shift the way you engage with what you're already doing.

What if instead of quitting your job, you took a different approach to your daily tasks? You could find a new angle, change your perspective, or bring a fresh energy to the way you do things. This might mean shaking up your morning routine, trying a different method at work, or exploring a new hobby outside of your usual comfort zone. These seemingly small shifts can lead to greater fulfillment and excitement without uprooting everything in your life.

Routine, after all, isn't inherently bad. It's the mindless repetition of routine that can be draining. Think about it: We don't need to move mountains to find joy; we just need to be more present and intentional in the habits we're already creating.

Q U E S T I O N

“What’s one habit or routine you have that you could spice up today?”

It doesn’t have to be a big change—just something small that could infuse your day with more energy, focus, or joy. Whether it’s the way you approach your work, the way you engage with your morning, or even how you spend your free time, try to shift it just enough to reignite that spark.

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