

# The 3 Reasons Your Life Feels Unfulfilled And Lacks Meaning

## How To Fix It.....



RICHARD CLARKE COACHING

## **What you are about to read below will change your life.**

I know, bold statement right? So, I'm going to be up front with you right from the start. There's a catch, and that is, it will involve you doing something to change your life.

You're here because you are lacking something, or looking for something.

You are feeling *unfulfilled or lacking meaning in you life*, and you would love to have more purpose and passion in your life.

**The truth is** there is a lot of information out there and people offering you quick fixes, and easy solutions. I've sifted through a lot of that crap and come up with a simple 3 step approach. I'm here to show you that with the right method, the right steps and actions, and taking some responsibility. You can have life filled with purpose, passion *and* meaning. Are you up for that?

### **Why Should You Listen To Me.....**

My name is Richard Clarke. At 21 I opened my own health club and spent a few years building that up, but I wasn't loving working and hustling, so I went traveling for a couple of years before coming back to the fitness industry.....this is when I started to notice the repeated patterns and bad habits with

clients that kept them from fulfilling their dreams. So I started learning about people.

After a few more twists and turns (important life lessons). I was at a point where I had reached a level of success in my life. I enjoyed what I did, I had a good relationship, a nice house, great holidays, but I still felt unfulfilled, and my life lacked meaning.

There was still something missing. I felt like I had a bigger purpose with more passion to live.

By this time I was 40, I thought I may never find it, but I was determined. After much trial and error, using many different approaches, and going down many rabbit holes. I finally found it, and that's exactly what I am doing right now. Transformational Life Coaching.

That was back in 2009, since then I have helped, and worked with thousands of people through 1-2-1 coaching, group coaching, social media, live events, virtual events, podcasts and social media lives.

Once I had found my purpose in life. I soon realised there was lots of people out there feeling like I felt at 40. People feeling like they had good, successful lives, but still feeling unfulfilled and lacked meaning.

Feeling like they wanted to live with more purpose and passion, and had more to offer, but didn't know what it was.

That experience inspired me to develop my signature method.

It's a unique method to take you from unfulfilled, and lacking meaning to living your life with purpose and passion.

Here's the 3 Reason's your life feels unfulfilled and lacks meaning and how to fix it.

Warning! I like a pretty straight forward approach,so if you want fluffy, this is probably not for you.

# REASON 1

**You Have Little Or No Clarity Around What  
Lights You Up**



You feel like your life is unfilled and lacks meaning right?

You feel like there could be more to life, and that you have more to offer.

Maybe you have a bit of an idea about what you want your life to be like, but that's about it.

You don't really know where to start.

Or, you have lots of ideas and options, and you still don't know where to start!

So, all that's really happening is that you are running the same old routine day-in day out 'hoping' that things will change.

You're stuck in a rut.

You really want things to change, and you want to live your life with more ***purpose*** and ***passion***, but your main tools are HOPE, and a rough idea of what you want the outcome to be.

You probably add a bit of 'someday I'll.....', or, 'I'll be ok when.....', in there for good measure, along with a few books that have been recommended to you. Maybe some You Tube videos, and maybe even a weekend retreat or two.

*"The definition of insanity is doing the same thing over and over and expecting a different result"*

Albert Einstein said that, and I've heard he was pretty smart.

**The Truth is**.....all of the above is either not going to work at all, OR, you might get a little of what you want.

The reason it's not going to work is one word CLARITY, or more to the point, lack of clarity. You may have the best of intention, but that's just not enough.

Without Clarity how are you supposed to know what to focus on?

Without Clarity how are you supposed to know what lights you up.

Without Clarity how are you supposed to know what's important?

Without Clarity how are you supposed to know what's not important?

*I had a client who had started her journey herself, and to be fair to her had done quite a lot of work, but then became 'stuck' (her words). We went through my step-by-step process to get clarity on exactly what was important, and then went to work on that. When she recognized and embraced her potential, that helped her connect and move forward with more purpose and passion.*

So, how to fix this.....

### **Get Some Clarity.**

Get some clarity on what Lights You Up

Get some clarity on what's important to you

Get some clarity on what's NOT important you

Then you will have clarity on what to focus on.....

# REASON 2

## **You Have Fallen Into Habits That Are More Harmful Than Helpful**



What are you doing on a regular basis that is not supporting you having a fulfilled life?

What habits have you got into that are more harmful than helpful? These maybe habits that have served you perfectly



well in the past, but they don't anymore because they are not getting you anywhere.

These habits are not limited to things you physically do, this could be things you say, or even think. Those limiting beliefs that are roaming around freely inside your head are having a big impact.

Do you blame, complain and justify? Are you allowing yourself to be the victim of your circumstances?

Do you find yourself regularly pointing the finger of at someone else?

Are you self-sabotaging your own life?

I told you this wasn't going to be fluffy! It's time to take responsibility, that doesn't mean you blaming yourself!

**The Truth is** we can all fall into bad habits, and a habit is just that. Something you may not even know you are doing, or something you do know you are doing that you want to stop. These habits and behaviours are just not working and put bluntly they won't work, unless you want the same life.

Do you? Be honest with yourself.....and me.

You can't break out these patterns of behaviours until you know what they are.

*If you want things to change, you have to change. If you want things to be better, you have to be better. Jim Rohn.*

How to fix this.....

## **Get Some Awareness**

Get some awareness around you actions,

Get some awareness around your thoughts,

Get some awareness around your behaviours

Get some awareness around what YOU are doing to  
YOURSELF that is keeping you stuck in your unfulfilled life

Once you have got really clear awareness you will be  
amazed how quickly things will change for you. You will  
have freed yourself to create your new life.

*I have a client I have been working with for a few weeks and everything seemed fine, but things just didn't seem to be moving forward for her. So we had to go deeper into her harmful habits to get some awareness around what was really going on. Turns out that each time that she allocated some time for herself she would easily allow other things to be put in its place, and her time for herself was pushed aside. Here's the important part, she wasn't really aware that she was doing that, and the simple fact is that she didn't need to allow this time to get pushed aside. It was an old habit from when things were different for her, that was now more harmful than helpful. Once we changed that, things moved fast.*

# REASON 3

## **You Have No Clear Pathway To Living With Purpose And Passion**



My guess is that one of the others things that has been keeping up stuck in your unfulfilled life is the lack of a proper structure and method around getting what you actually want.

Even of you did have some kind of pathway planned and method you gave up too easily.

Or you had a plan, and a sort-of pathway which was going ok until you saw somebody on instagram or facebook using a different plan and pathway. So you decided to try that for a little bit and when that didnt work out quickly you gave up, again. Sound familiar?

**The thing is** no clear plan and pathway just won't work. Would you get on a plane if the pilot said they didn't know where they were going and where, or how, they were going to land? No!

You want to know what does work?

This....

## **Get a Simple plan**

"The journey of a thousand miles starts with a single step"  
Lao Tzu.

When you understand what lights you up and what habits and behaviours have been holding you back you are now free to make a simple plan.

Why simple, because simple is achievable and when you are taking simple steps, on purpose towards something meaningful you will be successful in turning your life into the life you want.

Here's what happens when things are not simple.

*A client of mine loved making plans and taking action, but things just didn't get done or seem to work you the ways she planned. When we started working together I quickly worked what was the problem? The plan was too complicated and there were far too many actions on her list.*

A simple, uncomplicated, achievable plan and pathway is the final key to get you to living a life with Purpose and Passion.

## **IF YOU ARE TIRED OF NOT LIVING THE LIFE YOU WANT AND DESERVE**

I have developed my unique method to give you a clear pathway to the life you want to that life.

COPY my method and bring it into your life!

**Plus, as you have downloaded this free guide. I will also give you a FREE one-to-one Pathway To Purpose Session with me.**

During this session with me so I will show you exactly how to apply my method to your life.

This session is to find out what lights you up and why you are not living the life you want to.

DON'T MISS

OUT ON THIS

OPPORTUNITY

## YOU NOW HAVE TWO CHOICES

Choice ONE - Just stay as you are, in your uncomfortable 'comfort zone', with your hopes, telling yourself 'I'll be ok when'. You can keep going down rabbit holes, reading books, watching You Tube videos and going to weekend retreats.

Continue with your harmful habits, and have no idea of the path ahead.

How's that going for you so far??

OR

Choice TWO- You can apply my method to your life, and book your free **Pathway To Purpose** session (normal value £500) with me to help you do that

These sessions are limited as they are all with me, and I can only commit to a limited number of call slots per week

Plus

This is a special offer, and I'm not sure how long I will keep running.

Put simply, if you miss out, your back to Choice One.

Book your **Free Pathway To Pupose** session (normal value £500) with now by clicking here. This will take you to calender of my available slots.

ONE MORE THING....

You probably have a little inner voice in your head right now saying one of two things. It's either being supportive and saying, 'Yes,let's get booked!'. In which case great, get booked.

Or it's being more **harmful than helpful** and telling you this is not for you, or to put it off and book another time.

If it's the second, you have the choice to override it and make a choice for you.

Book your **Pathway To Pupose** session by clicking the image below.



I'll see you on our call. Rich