

Crystelle Knoesen reveals ...

**THE 3
PROVEN
SECRETS TO A
FULFILLING
LIFE**

**... Without wasting any more
time**



Your life is precious, and so is your time.

There's no long introduction here.

It's all practical and implementable.

So print this out and grab a pen.

If you're a woman between 25 - 40 who is sitting on the sidelines and **missing out on a big, fulfilling life** ...then this is for YOU.

The worst is feeling like you're wasting your life.

That your life doesn't matter.

That you're just paying the bills.

This guide goes straight into changing that. Today.

Why you can trust the content of this guide:

Simply because it works. The results speak for themselves. I've used these principles to transform my own life, and the lives of clients around the world.

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INSIDE?** 

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**Psssst... Whenever you see the pencil, it's
your turn to write!**

**TURN THE
PAGE** 



SECRET #1

Knowing what fulfilment means to you

You'd be surprised how many people feel unfulfilled, just because they don't actually know what will make them fulfilled.

It's easier to take on what others or the world deem as fulfilment and follow that. Problem is, it doesn't always fit you. It may stick for a while, but ultimately it doesn't feel like 'you'. And that's why you give up on fulfilment.

Not anymore.

Grab a pen.

Look at your life.

In which areas do you feel 'full' / content / satisfied / happy?



/10

Work

Love life

Physical health

Mental health

Creativity

Friendship

Family

Money

Spirituality

Living situation

Community

Put a number out of 10 next to each category.

(10 highly satisfied | 0 extremely unsatisfied).



Look back at your list.

What is lacking?

What needs to be in your life for you to feel fulfilled?

Work

e.g. *More interesting projects and better relationships with colleagues.*



Love life

Physical health

Mental health

Creativity



Friendship



Family

Money

Spirituality

Living situation

Community

Hold onto this list - we're coming back to it!





SECRET #2

Happiness is progress

I have honestly found the key to happiness. It's not widely sold because it's not very sexy. But it has been proven. It makes evolutionary sense. It's so simple.

Happiness = progress.

What do I mean by that?

You feel that jolt of happiness when you want something, work for it, and then achieve it.

Why?

- It gives you **purpose**. We are meaning making creatures. Meaning makes us feel alive.
- The action of forward moving generates energy (the **jolt**). That's the buzz, the joy you get.

Your turn.

Looking back at what will make you feel fulfilled, **choose one topic**. What do you want to achieve in that area?

My chosen topic:

Eg. I want to go to Greece on holiday to celebrate my 35th birthday.



What goals, or steps, are needed to do that?

Eg. Choose length of trip and locations to visit.

Draw up estimate budget for trip.

Find out visa requirements.

Save \$100 each month for trip in specified savings account.

Look at cheap airfare and AirBnB options.

etc.

Make the goals very specific.

Put it dates, locations, times.

Put in the reward you are going to get from achieving each goal.

Goal	Date start	Date complete	Reward
<i>Put \$100 in savings account each month towards trip to Greece.</i>	<i>Aug 2018</i>	<i>Aug 2020</i>	<i>Enough cash to go to Greece and have an amazing time on the islands!</i>





Goal

Date start

Date complete

Reward

TIP:

**IF YOU GET OVERWHELMED, JUST ELABORATE ON 5 GOALS.
WE'RE LOOKING FOR PROGRESS AND ACTION, NOT PERFECTION!**





What is one thing you can do today to achieve the first goal?

Do that.

Write down how you felt after doing that.

Ironically, the more challenging it is, the happier you'll be when you achieve it. As you move from the first, small step, to the next bigger step, your happiness will increase.

It's not about always having more or bigger.

It's about the learning, stretching and growing happening within your soul.





SECRET #3

Setting your purpose on fire for impact.

We are social beings. In some form or another you are linked to another human being, or a group of others. And each of you has something to do, something that that group needs.

Have you ever noticed how some places makes you feel more creative and others make you feel like you just can't work there? Take a cosy coffee shop with big bay windows that overlooks a lush green park, with little nooks for placing books and high ceilings. There are Persian carpets on the floor, a fireplace lit with soft music playing in the background. And killer strong WiFi.

Now, take an old warehouse building, with no windows. The floors are just cement. It's cold. It's dark. There's no natural light. It's stuffy. The only thing you can look at is your computer screen. Feeling inspired and productive? Nope.

Let me tell you the story of Jane...



Jane, one of my friends is a kick-ass quantity surveyor. (Short version, she is instrumental in figuring out what is needed to construct buildings and negotiating the contracts thereof). Her role is integral in creating a space where I can live or work. A place where I can be productive, inspired and serve my clients. A place where my clients feel welcome, at ease and comfortable. That's where Jane comes in. She helps create that. She gets a kick out of doing that. It makes her feel alive.

I don't want to do what Jane does. But I'm sure as hell appreciative that she exists and the way she adds value to my life by what she does.

OKAY, SO WHAT?

Let's take it bigger. Jane creates a space. I work in that space. In that space I encounter a client. That client needs help leading her organisation. Through my work with that client she leads her organisation to set up a foundation for education of young girls. See where I'm going with this? We don't all have to be mother Teresa. But we can equip the next person in the chain to empower the mother Teresa's.

HMMM, GOOD
POINT...

Back to you.



What do you think is your purpose?

(Working definition – perfection isn't necessary!)

(Hint: it's likely to involve helping other people).

Eg. My purpose is to educate kids so that they can become well-rounded, happy adults.



What gives you a jolt of energy and joy when doing it / after you've done it?

(It can be simple).

Eg. Seeing a kid snap a difficult concept and smiling about mastering something that I've helped them with.



How do you see yourself in the chain of events in impacting the world?

Eg. I educate kids, equipping them with the knowledge that they need to enter the world as an adult. By doing it well, I instil confidence in them, and raise future change makers who can come up with solutions to society's problems.





Putting it all together

You don't have to wait to feel fulfilment one day.

You can do it now. Fulfilment comes from knowing WHAT makes you fulfilled, and then working STEP-BY-STEP to reach your goal.

The happiness come in the achievement by overcoming challenges.

Lasting fulfilment is a result of adding meaning to your daily workings (your **PURPOSE**) and having a vision for your purpose (**YOUR IMPACT & LEGACY**).

I'd bet that if your purpose is bigger than just you, your fulfilment will carry you throughout your life.

WHAT IS YOUR NEXT
STEP...?





Your next step

Ask yourself: How you would feel if you put what you learned here into practice?

Do it: Put what you wrote down into practice.

Struggling? Doubting that you'll be able to do this? Feeling alone in the journey? Frustrated with your lack of progress? Confused as to what you want?

What you need is someone can offer you the understanding, tools, and proven guidance about truly living YOUR best and fulfilled life.

To explore what you want for yourself, your career, your family, your community, so that you can wake up and feel fulfilled every day of your life.

- Wouldn't it be great if you had someone by your side to help you determine what you want, to support you in achieving your goals and who believed in you? ... **YES!**
- What would that do for your **happiness and impact in society?**

I'm guessing it would make a **HUGE difference**, in terms of reward, self-worth, self-belief, confidence and yes, **FULFILMENT** – just to know that you CAN!

If that's you and you'd like to chat with me, click the link below and take advantage of a **FULFILMENT Discovery Session**. They are limited, so book your slot now.

I look forward to hearing from you soon,

Crystelle Knoesen
– Certified Life Coach



**BOOK YOUR SESSION
NOW**



WHAT MY CLIENTS EXPERIENCE WITH MY SUPPORT...

"It was **so helpful!** In fact, thank you for the session in general, I know that we are career focussed but like you have said on so many occasions, all of the other ancillary things play such a big role. I **have such better clarity** now, so thank you."

- **Zara (33)**

"I didn't have a clear purpose or this much clarity before today's session and just discussing everything made **so much more sense**, and it has made me even **more excited.** "

- **Nadine (32)**

"Thank you for **helping me steer the ship.** I think we may have a destination in the horizon :)."

- **Carin (33)**

"Knowing that someone is holding me accountable finally spurred me to **take action.**"

- **Allie (29)**

