
The CLEAR way

5 steps to help you shine bright with clarity and success

By Dr Rakish The Clear Coach



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Hello & welcome



The CLEAR way by Dr Rakish Rana - Implementing the CLEAR framework to instantly see the life changes you want.

Thank you for downloading this guide. I'm glad to have you here. First, let me introduce myself. My name is Dr Rakish Rana.

I am a qualified AoEC Associate Executive Coach, working in the coaching sector for nearly ten years. I am passionate about working with high achievers and entrepreneurs like you. By simply finding your direction, happiness and purpose, I believe I can help you achieve life-changing goals that you would not think possible.

I have always been a high achiever - a straight A's student who moved from a degree into a funded PhD and onto a well-established role, just as I thought I was supposed to do. However, the more I progressed, the more I wondered, "Is there more to life than this?"

Life was flowing the precise way I thought it should

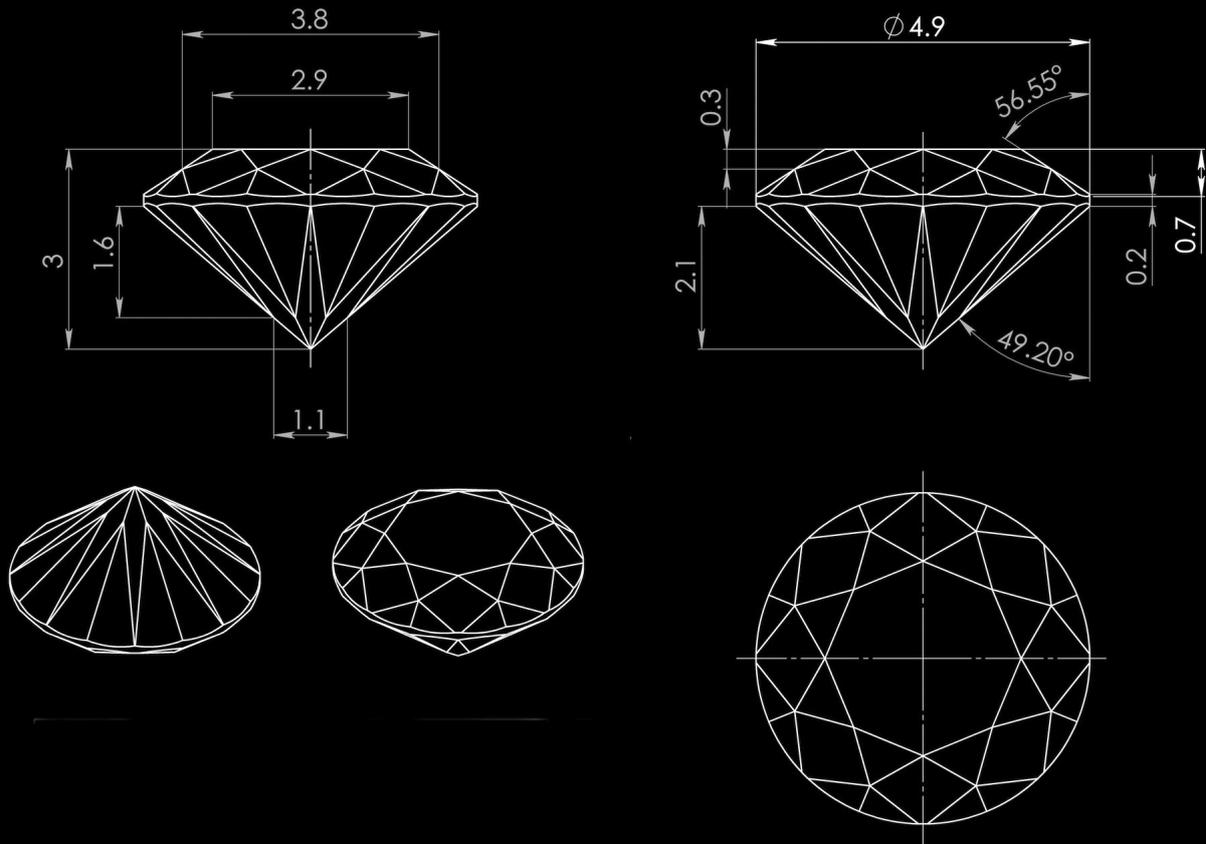
- marriage, kids, great pay, developing further and further in my career - however, I never felt truly happy. I wasn't fulfilled.

It wasn't until I met my coach that I began to unravel what happiness and fulfilment could mean in my life. Through their guidance, I realised that what brought me the most joy was helping people. It made sense - throughout my life helping others was something that always gave me purpose, as the eldest sibling of my family, the father to my children, a PhD student and a professional - seeing people develop as human beings sparked the most joy in me. Through my own life experiences and the insights from my clients, I have developed the CLEAR framework to aid continuous growth.

While it's based on the focus of gaining clarity, CLEAR is also an acronym for the steps we will take together.



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An emphasis on relationships

Every step we take in life comes down to the relationships we build. Success in work, family, social circles, friends, and partners is built on solid relationships. Personal development even comes down to the relationship you maintain with yourself.

Throughout the CLEAR framework, I maintain a crucial emphasis on relationships, i.e., how to improve, support and nurture them to secure your fulfilment in life and reach your desired goals - no matter what they may be.

I believe that relationships are critical in creating a life filled with purpose and

passion, yet so many of us forget their importance

The CLEAR framework is designed as a vehicle to develop our relationship working together and your relationship with others to help support & drive you towards your transformation and progress.

Now, let's take a look at my CLEAR framework in a little more detail.

- C** Connect
- L** Language
- E** Energy & Enthusiasm
- A** Awareness
- R** Results



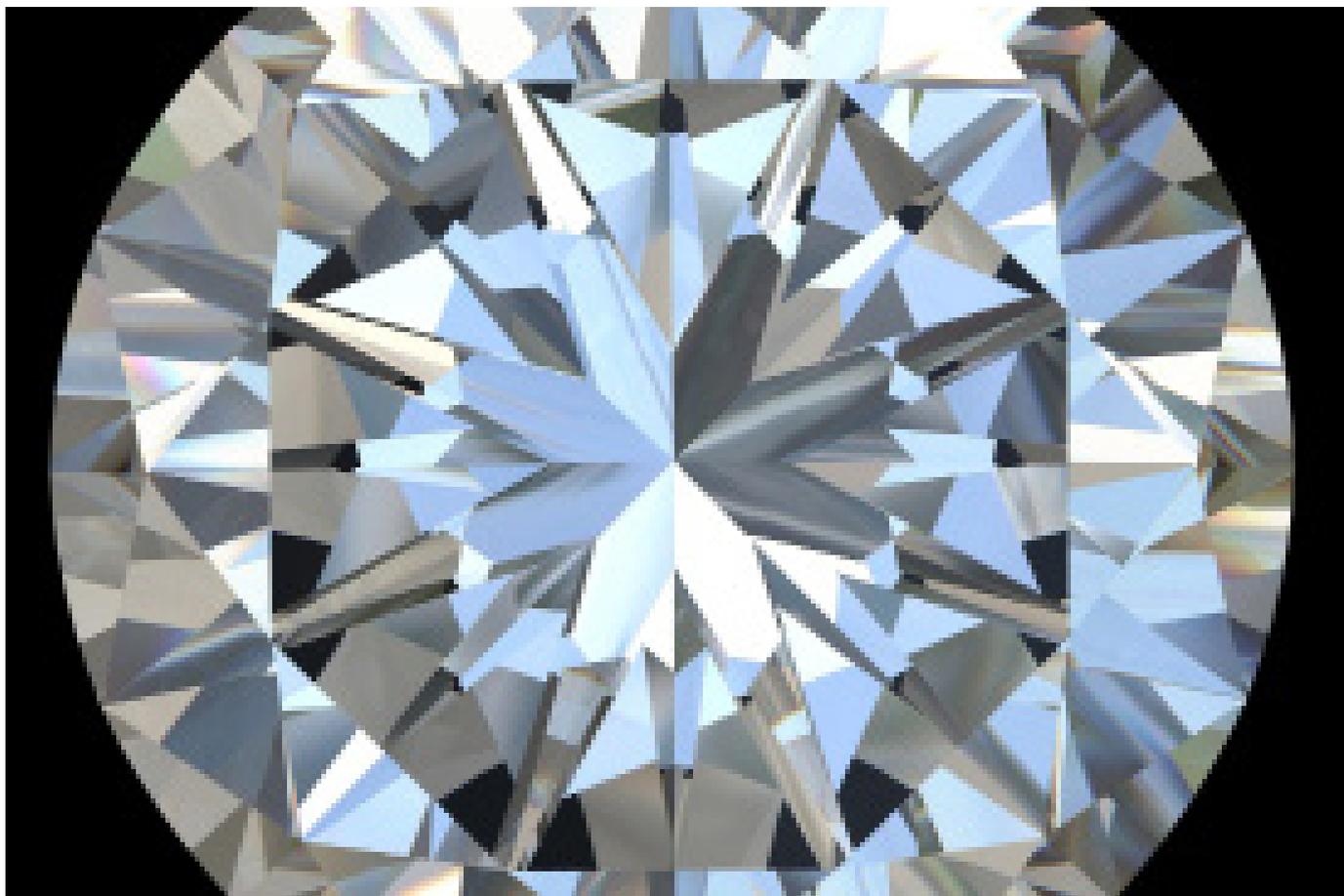
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"I became a success the day I decided I would be"

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This emphasis on connection strays into every avenue of your life.

C-Connect

To begin, you need to build a connection with yourself. One that you may have been avoiding for some time. To understand your own needs and clarify your perception, crafting a personal connection is critical.

Furthermore, in the connection stage of our sessions, we will uncover the importance of building a rapport with others to build trust and likability. This emphasis on connection strays into every avenue of your life.

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As the world becomes a more digital place, we cannot forget about the human connection.

Adam Neumann

Learning how to create a long-lasting rapport can help to improve your satisfaction with your personal life and enhance growth in your profession.

Connection is a fundamental part of being a human; it's something we wholeheartedly crave yet scarcely achieve.

By re-evaluating the importance of connection, you can uncover how to integrate it into your everyday life.



L-Language

W
Language shapes the way we think, and determines what we can think about.

Benjamin Lee Whorf

Communication is a key part to how you build the connections I just mentioned. That is why it's essential to think about your message in advance so that you can use the correct language that ensures it is clearly understood.

Together, we cut through the jargon, eliminate the fluff to get right back to the basics of language and communication so that you have the power to live a life filled with clarity.

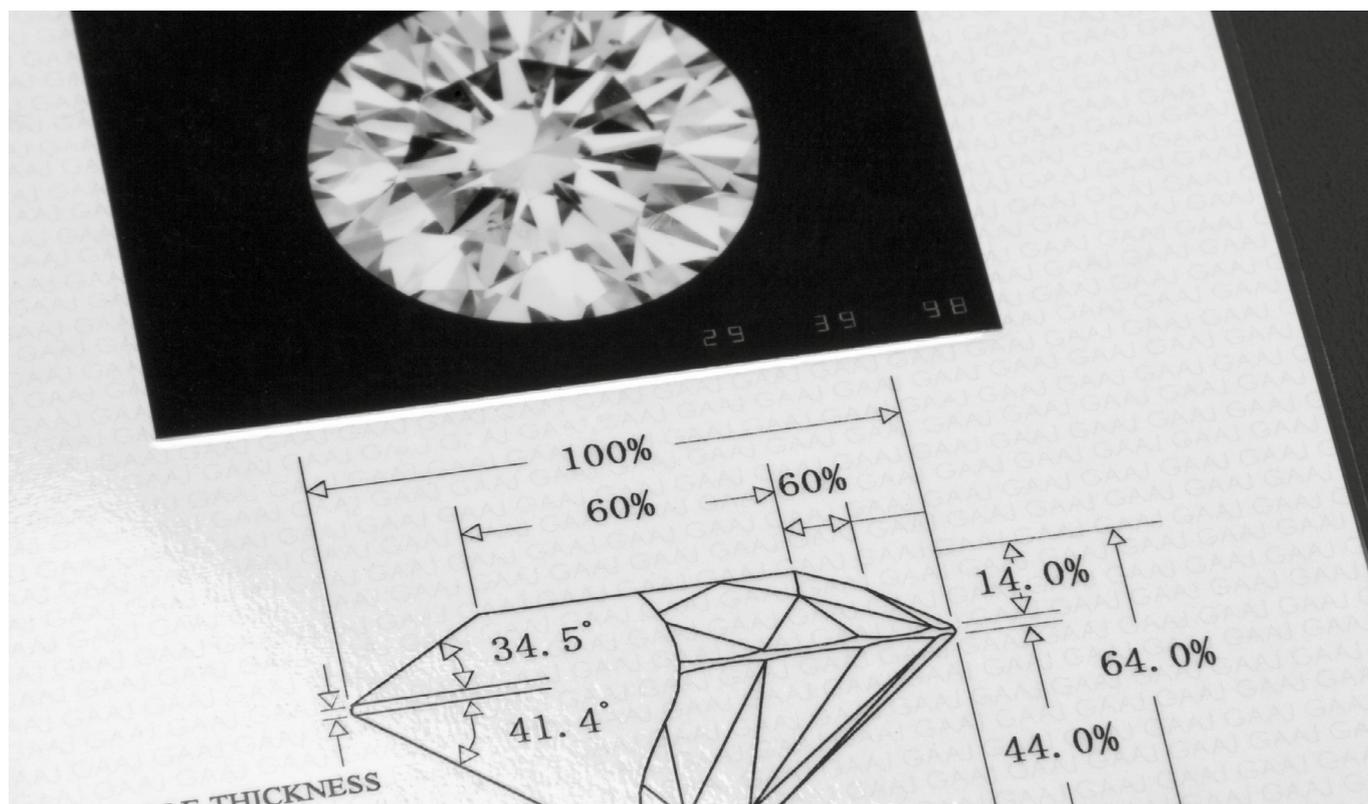
Life is intrinsically complicated; however, expressing yourself

doesn't need to be.

A clear message delivered with confidence is far more valuable than a complex sentence that shows little clarity into what you truly mean.

When you express yourself with a lack of focus and clarity, you don't just confuse others; you confuse your inner dialogue, too. With the CLEAR framework, you will learn to empower yourself to use the right language about yourself, your goals, your vision.

Keep it simple. Keep it clear. Get what you need.



Together, we cut through the jargon, eliminate the fluff to get right back to the basics



E-Energy & Enthusiasm



For high achievers like you and me, it's common to lose the energy and enthusiasm you once had when you achieve the things you thought you wanted to achieve. Thoughts of "what next?" or "what now?" aren't only common - they're prevalent.

Keeping your energy, enthusiasm, inspiration, and motivation is critical to living a purpose-filled life. When you lack that, it creeps into every corner of your day, every aspect of your person. Positivity and productivity start to dwindle, and the cycle continues to spiral deeper and deeper.

Finding ways to ignite your adrenaline and spark your innermost enthusiasm needs to be a priority as you live each day of your life. That means actively choosing things because you wholeheartedly want to do them, rather than feeling like you had to do them or that it just seemed like the right thing to do.

Refocusing your energy, capturing your positivity and transforming it into each day you wake up is part of the process we will work through together in the CLEAR framework. My goal is for you to wake up bursting with life rather than dreading each day.

W **Enthusiasm is the electricity of life. How do you get it? You act enthusiastic until you make it a habit.**



You need to heighten your awareness and re-establish your presence in everything you do

A-Awareness

You cannot “fix” the things you do not like if you lack the awareness and understanding of what you want instead.

Similarly, it can become impossible to identify what is holding you back when you have lost all consciousness in what's happening in your everyday life. To change that, you need to heighten your awareness and re-establish your presence in everything you do

When you raise your consciousness, you can genuinely stimulate

change. Not just in small and select ways but in every aspect of your being.

Building awareness isn't just about your connection and relationship with yourself; it's about your understanding of other people's needs so that you can maintain your relationship with them, too.

There is no aspect of life where a lack of awareness is beneficial. Hence, raising awareness and emphasising its value is integral to our progress in this framework.

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**To know
yourself, you
must sacrifice
the illusion
that you already
do.**

Vironika Tugaleva



R-Result

W

Your positive action combined with positive thinking results in success

Shiv Kherra

To achieve a life filled with purpose, you need to outline the results you want to accomplish with clarity and precision.

It's important to ask yourself:

“Why am I aiming for this?”

“What am I truly trying to achieve through these actions?”

Once you have a clear vision of the results you want to achieve and why, you can move forward with connection, enthusiasm,

awareness and drive.

This makes the journey much easier and far more sensical. Without a vision of the end result, you run the risk of losing direction, giving in to distractions and impacting your own progress. You may even suffer from imposter syndrome, as you forget how to progress and why you have the right and experience to do so.

By skipping to the end, we can start at the beginning - mapping each step of the way.



You need to outline the results you want to accomplish with clarity and precision.



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The CLEAR Way To YOUR Success.

Let's Connect

Book Now

It's time to make a change. It's time for you to find the clarity and purpose you're currently lacking so that you can gain the confidence to move your life in the right direction

Using my CLEAR framework, up-to-date psychological principles and science-backed approaches, I'll work to challenge, encourage and support you to achieve your goals and attain balance, joy and sustained success across your entire life.

Are you ready to find out more?

Book an introductory call with me today and find out how this framework can transform your life for the better.



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