

5 REASONS YOU *secretly* HATE YOUR LIFE



@KellyGarashay

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So you (secretly) hate your life. It's a miserable way to be. You slog through each day, waiting for the next time you can get in the tub, grab a drink, and watch Netflix.



It's hard because you don't know how to change it. Everyone expects you to do what they want you to do. And if you could do what you wanted, you couldn't because everything takes money.

What if it didn't have to be this way?

Let's uncover the 5 reasons you secretly hate your life.

1. Your boundaries are a mess.

You don't know what to say yes to -and- what to say no to. You are always running yourself into the ground, or never getting off the ground. It's a push/pull life and you're in the middle of the tug of war. When you don't have boundaries in place, it can lead to resentment and if left unchecked, it can even lead to depression.



Here is a fabulous book on boundaries. What they are, what they aren't, and how to get them.

Set Boundaries, Find Peace: A Guide to Reclaiming Yourself by
Nedra Tawab

[**Learn more**](#)

2. You have self-sabotaging inner voices.



These voices tell you "you'll never be good enough", or "you can't do that". They let you know what everyone else is thinking about how awful you are. You will never be able to love your life when you're listening to these discouraging messages.

Take the Saboteur Quiz

What kind of voices do you listen to most? There are different kinds of saboteurs. Controlling, restless, avoiding, or pleasing? There are probably several we listen to every day.

[Learn more](#)

3. You don't know your motivators.

What causes you to feel motivated? When you're being helpful? When you're starting a new project? If you don't know what makes you come alive, you can't decipher if anything matters! You will come alive to a more meaningful existence if you know what motivates you and how to use it in life.



Where does motivation come from?

Daniel Pink is a best selling author and gave a TED Talk on "The puzzle of motivation". Daniel Pink is one of my favorite Master Class teachers and I would recommend any of his books! Here's the link to the TED Talk.

[Learn more](#)

4. You don't know your strengths.

If you don't know what you're good at, you don't know what types of jobs to go for, what kinds of projects to take part in, etc. You might go down a completely different path for work and life if you knew what your strengths are and what to do with them.



Strengths Finder 2.0 by Don Clifton

Buy the book, do the online assessment,
find your strengths.

(Free with Audible trial if you don't already have an account.)

[Learn more](#)

5. You don't know your values or uphold them.



Maybe you don't even know what your values are or why they matter! Understanding what your values are can change everything about the way you show up in the world.

Watch a TED Talk about values and how they serve as your inner compass.

[Learn more](#)

Here's the thing. I have walked a mile in those shoes and after gaining some new skills I decided not only did I not want to walk one more step in them, but I also didn't have to!



If you're ready to love your life, reach out for help.

You don't have to hate your life.

1. You need help uncovering your values, strengths, and motivators.
2. Your sabotaging voices need to be addressed.
3. You need new boundaries that come from your new understanding of who you are.

That's how you know what to say yes to and what to say no to!

Hating your life could be a thing of the past, but you can't do it alone.

Reach out to me, Kelly Garashay, Life Coach. I am an encourager who willingly joins you in your quest to LOVE YOUR LIFE. I exist to move every person I meet one step closer to their life purpose and a life full of meaning. There's hope for you yet! Don't give up. You need to hear what coaching can do for you. When we talk, I'll tell you the difference between therapy and coaching and honestly, you have got to hear it! There is so much potential for a greater life through coaching.

It's just one click away.

Visit the website at KellyGarashay.com or

[Click here to reach out to Kelly](#)

I can't wait to meet you.

Kelly Garashay



It's time to love your life.

Kelly Garashay Life Coaching

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