

The Ultimate Quest Newsletter

I Had Planned for Everything. I Had Not Planned for Life.

I had planned for everything how the meals would be delivered, how life would work when the baby arrived. I had planned for everything. I had not planned for life.

My guest, **Kanika Vasudeva**, spent 16 years in the corporate world with organisations including **BHP, PwC and ING Bank**. She knew how to plan, achieve and keep moving forward.

Then, at 31 weeks pregnant, her daughter stopped moving.

Kanika had to give birth to her stillborn baby.

In one moment, every plan she had made disappeared and she found herself facing a kind of loss no amount of preparation could have prepared her for.

What followed became a profound turning point in how Kanika understood her life, her work, her relationships and even success itself.

"As a human, I felt terrible with that experience. But as a soul, I can see the graciousness in it — and I can see what a gift it was."

You Deserve to Know You



The Ultimate Quest is published for educational and personal development purposes only. Nothing in this newsletter constitutes medical, psychological, or clinical advice.

OPENING

Some Awakenings Don't Arrive Gently

There is a kind of loss that doesn't just break you it rearranges what you thought you knew about your own life.

Once you learn to spot misalignment in one part of your life, you start seeing the exact same signal everywhere else.

What if the thing you are still grieving is also the thing that is trying to wake you up?

Some awakenings don't arrive gently. They arrive as loss, and only later reveal themselves as a doorway — into every part of your life you've been avoiding.

THIS ISSUE

Kanika Vasudeva's Story

My guest Kanika Vasudeva sixteen years in corporate boardrooms at BHP, PwC, and ING Bank had built a life around planning. Then, at 31 weeks, her daughter was stillborn.

That loss didn't just change how Kanika grieves. It changed how she sees *everything* her body, her business, her relationships, her fear.

In Her Own Words

"As a human, I felt terrible with that experience. But as a soul, I can see the graciousness in it and what a gift it was."

— Kanika Vasudeva



SIGNAL #1

Your Body Knows Before Your Calendar Does

Aligned success isn't about a perfect balance or an easy life growth still means change, and change is still hard. But there's a difference in how it *feels*.

Misaligned success is the kind where you hit your numbers and then need a holiday just to feel like yourself again. Aligned success fuels you, even when it's hard.

❏ The tell isn't in your achievements. It's in your body do you wake up *wanting* to do the thing, or *bracing* for it?

SIGNAL #2

Playing Safe Is a Fear Signal, Not a Strategy

Kanika sees this constantly in the coaches and business owners she works with: talented, capable people who can't say clearly who they help.

The Real Problem

It's rarely a marketing problem. It's a safety instinct — *"if I say this specifically, I might offend someone, or cut people out."*

The Truth

Vague language doesn't protect you. It just means no one quite knows if you're for them. Specificity is an act of service, not exclusion.



SIGNAL #3

Your Sales Process Is a Mirror, Not a Mystery

When something "isn't landing" - in business or elsewhere - Kanika's advice is simple: **break it into parts instead of judging the whole.**

01

Where do people enter your world?

Examine the very first point of contact.

03

How many conversations become calls?

Each conversion rate tells you something specific.

02

What happens in that first conversation?

Quality of connection, not just quantity of leads.

04

How many calls become a next step?

Vague disappointment hides the real, fixable problem. Specific attention finds it.



SIGNAL #4

The Patterns You Can't Explain Are Still Patterns

Kanika works as an Akashic Records reader, think of it as tracing inherited or long-held patterns back to their root, the way you might trace a repeating symptom to its actual cause instead of just treating the surface.

You don't need to believe in past lives to take the underlying point seriously: the things that trip us up over and over usually aren't random. **They're patterns wanting to be noticed.**

REFLECTION

One Question to Sit With Today

📄 Of these four, your body's signals, your fear of being specific, your sales process, your repeating patterns, which one have you been calling *"just how things are"* instead of something you could actually look at?

You don't need the full answer today. Just start noticing. That's usually where the real shift begins.

Your Body

Fueled or bracing?

Your Specificity

Fear or strategy?

Your Process

Mirror or mystery?

Your Patterns

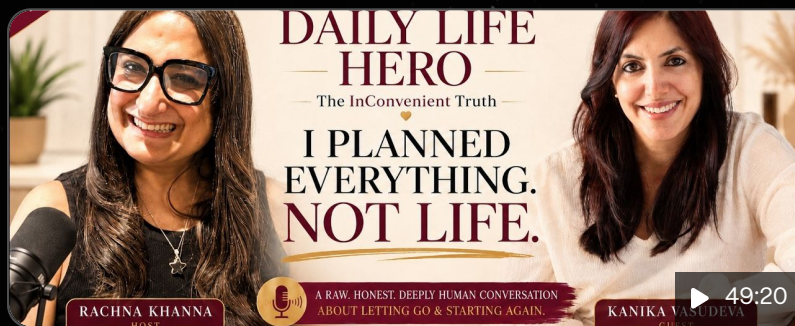
Random or signal?

LISTEN

Hear the Full Story

This is from my conversation with Kanika Vasudeva on **The Daily Life Hero The InConvenient Truth**, where she shares the full story of her daughter, how she found her way back to meaning, and how she now helps others do the same as an Energy Expansion Coach and Akashic Records reader.

 *Listen to the full episode*



 YouTube



She Lost Her Daughter – Then Discovered Her Soul’s Purpose | Kanika Vasudeva|

Video Title: She Lost Her Daughter – Then Discovered Her Soul’s Purpose | Kanika Vasudeva|

What if the life you planned is not the life that was meant to wake you up? In this deeply moving...

Rachna Khanna



About Rachna Khanna

I'm **Rachna Khanna**, Midlife Leadership Expert, Emotional Integration Practitioner, and host of The Daily Life Hero - The InConvenient Truth podcast. I help high-achieving women in midlife lead their body, mind, and relationships — so they feel like themselves again.

Perth-Based

Global reach, grounded practice

25+ Years

Learning & Development expertise

Award

Global Empower Her Innovator Award recipient

2026 Finalist

Life Coach of the Year & Rising Star Coach of the Year (ICG)

Real work, not theory. Until next time, you deserve to know you. Rachna

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"I see you and you deserve to know you."

— Rachna Khanna

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