



# Find Your Happy:

## Nurture the Child Within

[StellaFrances.com](http://StellaFrances.com)



# Happiness Is An Inside Job” - W. Ward



Imagine a world filled with people who follow their passion and live the life they totally love living...that's my vision!

Hi there! My name is Stella Frances, the founder of Elevated Awareness, author, mentor, and the creator of LIVE HAPPILY SECRETS. A beautifully simple way to increase self-awareness through self-discovery and take your happiness and success to the next level.

If you feel as though something is missing in your life and you're tired of searching or perhaps you know what you want but you're not quite clear what step to take next. No worries. I can help you with that. I can help you get from where you are to where you want to be.

I am passionate about helping people turn breakdowns into breakthroughs and see them succeed in their pursuit of happiness. I provide you with a toolbox full of self-empowering and actionable ways, so you can start building and living a happier and more meaningful life. If you would like to know more about me, what I'm about and how I got my coaching superpowers, visit my website

[StellaFrances.com](http://StellaFrances.com) [click here](#)

Specifically, here's how I can help you on your quest for happiness:

1. *Discover, what makes you come alive, your passion. Your life purpose.*
2. *See things in different ways, think bigger and more creatively about your life.*
3. *Say goodbye to procrastination... Hello smart goals and productive action!*

## Find Your Happy!

### Explore And Discover What Really Matters To You.

Take me up on my invitation. Schedule your totally *FREE* no-obligation 30-min "Find-Your-Happy" Discovery Session today. [Click here and let's get you started.](#) Don't let this opportunity pass you by.

To Your Happiness,

♡ Stella

# Discover Greater Joy and Happiness: Nurture the Child Within

Hi there! Do you believe you can receive many positive benefits by holding onto your “*childlike heart*”?

Try these activities to remember the child in you and apply the skills you had as a child to your life today.

You'll be happy you did!

*Stella*



# Play time boosts your creativity.

**Lose yourself in activities you enjoy. Play a game of tennis without worrying about the score or do some finger painting. Making a mess is part of the fun. You can clean it up later.**

**Sometimes, look silly on purpose. Dress up in funny hats or wear crazy socks, or even socks that don't match.**



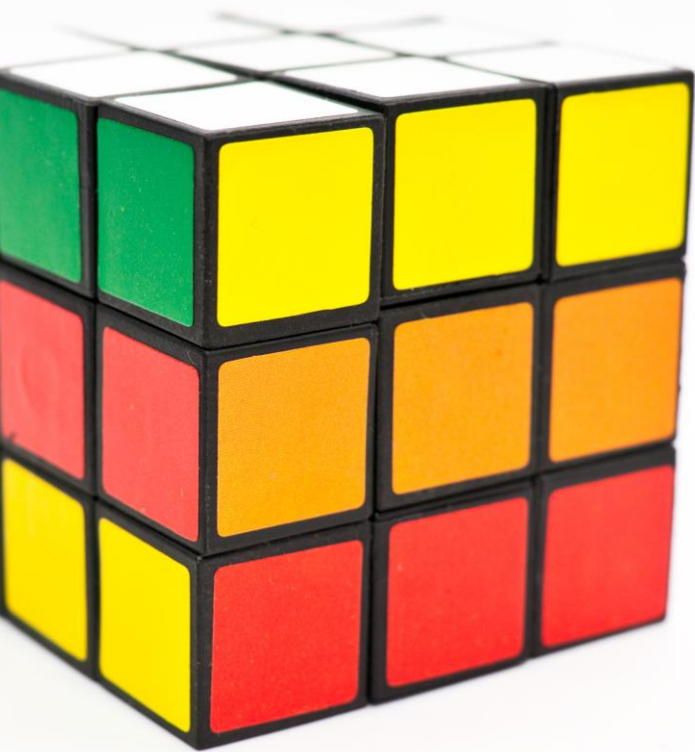
# Letting your imagination run free helps you see new possibilities.

**Dream about the places you want to visit  
and enjoy wild adventures in the safety  
of your home.**



# Showing off builds your confidence.

**Recognize your strengths and abilities  
and use them to help others.**



Expressing your  
delight brings more  
joy into your life



**Let the local grocer know they sell the  
best kumquats in the neighborhood.**

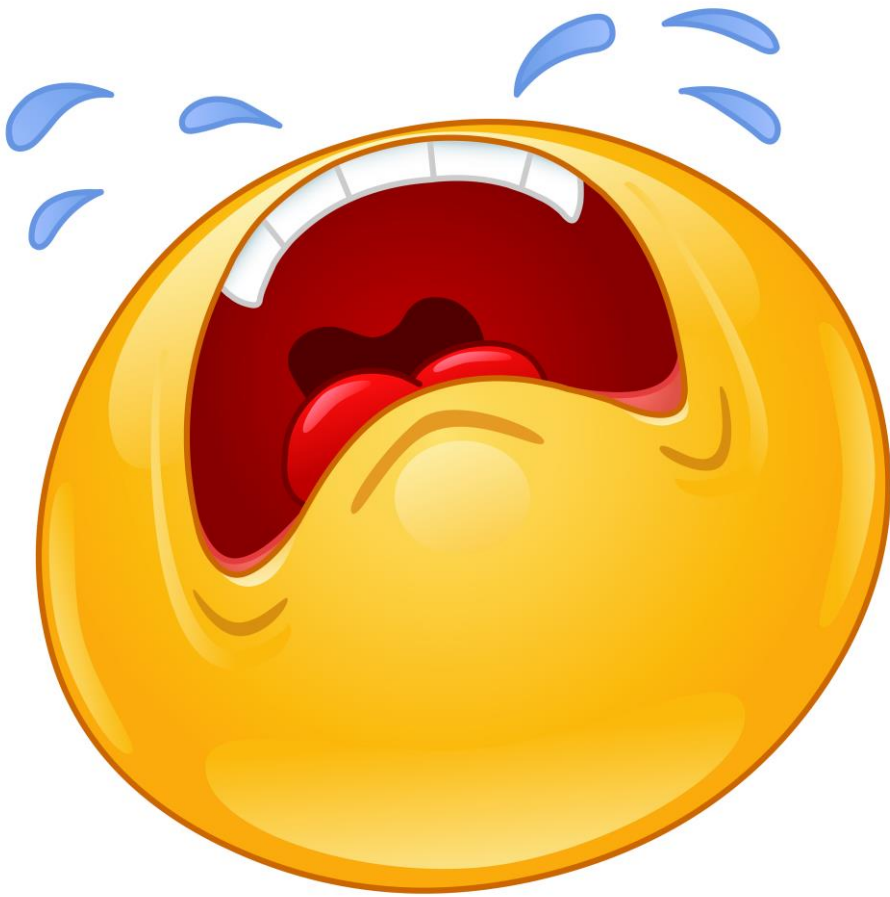
**Smiling instantly  
makes you  
feel happier.**

**Your chores become less tedious. You  
make new friends.**





# Crying relieves your stress.



**Show compassion  
for yourself when  
you're struggling  
through hard times.**

# Taking a nap conserves your energy.

**You'll return to your daily routine feeling refreshed and ready to take on new challenges.**

**Today, nurture your inner child more than ever.**

**Connect with your feelings and share your toys.**

**Tell your friends you love them and give them a big hug.**

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# Self-Reflection Questions:

1. **What can you learn from your favorite childhood memories?**
2. **Why is it important for you to allow yourself to be vulnerable?**
3. **How can you become more spontaneous?**



## A Note for You



If you've made it this far, I can tell we are going to be friends. You - like me - are always exploring how you can grow and be your best self. I'm inspired by people like you and would love to embrace you as part of the community.

**Ready for action?!** Jump over to the website to book a free, no-obligation 30-minute "Find Your Happy" Discovery [click here.](#)

A "Find Your Happy" Discovery Session is a 30-minute phone conversation where we get clear on exactly where you are, what you'd like to create, and the next most important step you can take that will move you in the direction of your dream [click here](#) This is my thank you gift to you for checking out this publication.

If you would like to learn more about how to "Find Your Happy" by creating a meaningful and purpose driven life visit [StellaFrances.com](http://StellaFrances.com) or come to a private workshop or mini-retreat where we can meet in person and we can dig into Careers & Relationships over soulful conversation.

To receive monthly Inspiration Nuggets and my FREE 5-part course, "Grow. Expand. Thrive." *Easy Ways to Find Your Happy and Start Living a More Fulfilled and Meaningful Life*, subscribe today at [click here.](#)

I'd love to connect and hear from you what you think about this juicy mini-guide. So be sure to stay in touch. Feel free to send me a quick note [click here](#) or say hello on Facebook and keep me posted. I'm here to help!

Here's to leading a life of purpose and living with passion!

Find Your Happy!

 Stella

P.S. As, Zig Ziglar once said... *"People often say that motivation doesn't last. Well, neither does bathing, that's why we recommend it daily"*

Visit the blog [click here](#) and the free resources page while you're there, for daily inspiration and tips on creating the life you love living. I can help you succeed in your pursuit of happiness.

Visit [StellaFrances.com](http://StellaFrances.com)

[Click Here To Check Out The Happiness Memberships](#)