

Find Your Happy

KNOW WHO YOU ARE -&- BE WHO YOU ARE

ONE-ON-ONE TRANSFORMATIONAL TRAINING

with



Stella Frances

HAPPINESS TRAINER



Find You Happy | TRANSFORMATIONAL PROGRAM

Hello Confidence, Love and Happiness!

Good-Bye Doubt, Fear, Unhappiness!

Find Your Happy Introduction

The Find Your Happy transformational program is for heart centered men and women who are ready to bring more happiness into their lives. Imagine a simple system that helps you leave fear and uncertainty behind as you step into your greatness.

Are you ready to eliminate Self-Doubt, Fear & Unhappiness?

Take action and begin your pursuit of Authentic Happiness, now. I invite you to join me for my 90-day "Find Your Happy" One-on-One Training.

Is this program for You?

Does this sound familiar?

- Do you wake up every morning and each day just feels like more of the same? Same routine, same office, same people, same fights, same everything? And that spark inside of you dies a little more with each day that goes by without making a change?
- Or maybe you're not even aware of it. Maybe you just feel like there must be

MORE to life than this. That **there is more to YOU than this**. Whatever that means. And part of you knows that you can get there BUT it's the how that you have trouble seeing?

- Are you feeling stuck or disconnected in a relationship that doesn't fulfill you anymore?
- Are you worn out by a career that bores you and has no longer meaning for you?
- Are you tired living from paycheck to paycheck and you are scared about running out of money?
- Do you wish for that special one to share the beauty and joys of life together?
- Do you have a dream in your heart but don't know how to make it come true?



If yes, I've got great news for you -You are in the right place at the right time! And that's right NOW!

The best part: The Find Your Happy program is a simple proven system for getting you to your next level of happiness.

It's not your fault if you are at a crossroads feeling stuck, overwhelmed, out of balance, or burnt out. We've all been there one way or another. It is the way this beautiful adventure of Life happens.

The main difference between genuine happy and unhappy people is simply in the mindset. Truly happy people ask for support and guidance to help them along the way.

**Find Your
Happy
is your support
system.**

*Are you ready to
turn Self-Doubt into
Self-Confidence
and claim your
Happiness?*

During our three months together we'll review where you are, what's bothering you, zapping your energy and what you need to let go of.

You will learn how to stop procrastinating and get those nagging tasks done.

Then I will help you create a vision for the next 3 months and establish some new daily habits to support you.

Finally set 3 meaningful goals and decide to take effective actions that move you towards your vision. Awesome!



***“Don’t Let your happiness depend on something
you may lose.”
C.S. Lewis***

Find Your Happy 3 Steps Transformational Program

Are you living a life that you love? Do you want to wake up in the morning looking forward to the day ahead? Would you like to take action to revitalize your life?



I know how challenging it can be to make shifts in our lives. With me by your side, we'll carry out a step-by-step 'spring cleaning' of your life so you can live the joyful, passionate life you deserve to be living.

"Find Your Happy" is a balanced, well-crafted program that guides you through a 3 step process over a course of 90 days. In 3 months, you'll get to the heart of what's holding you back so you can reset your habits and refresh your life.

Leave the blahs behind and connect with your joyful, energized self! **Here's how...**

Step 1: Brighten Up Your Life.

Getting to know You.

In the first month, we'll take stock of where you're at, discover what makes your heart sing and take the first steps to brighten up your life!

Through powerful coaching exercises we'll identify ways to invest in what feeds your soul, and connect what you discover about yourself with your vision and goals!



Step 2: Clearing out the Clutter

Declutter to allow more Happiness come into your Life.



In the second month, it's detox time to get rid of the obstacles and energy drains that are getting in the way of your well-being.

By cutting away the dead wood, you'll make space for new growth.

Commit to letting go of what is holding you back so you can embrace your life with the vitality you need to take on your wildest dreams.

Step 3: Setting up for Success

Embrace your awesome, purpose-driven life with fresh energy and a positive outlook.

In the last month, we'll set healthy new habits and create a spark team of positive people who support, encourage and inspire you to achieve what you want in your life.

You'll set well-crafted achievable and meaningful goals for the next quarter - based on the vision you have for your life.

With daily practices and long-term visioning you'll gain the momentum you need to spring into success.



Find Your Happy Month-by-Month Overview

Month 1 – Take Inventory.

Brighten up Your Life.

Based on the Wheel of Life, get a visual snapshot of how happy you are clients are with your life, and take effective action steps to brighten it up.

Take Stock and Take Action.

Take stock of what's bothering you, those nagging 'shoulds' and frustrations - and see what you REALLY want to be doing both personally and professionally.

What Makes My Heart Sing?

It may be a pleasant surprise to discover that what makes you happiest might just be on your doorstep.

What's Zapping Your Energy?

Identify what's zapping your energy and holding you back.



Month 2 - Clearing out the Clutter

Letting Go of What's Draining You. What's bothering you, zapping your energy and what you need to let go of. Identify and Explore what's holding you back and why.



Detox Your Toxic Relationships.

Review your relationships and find ways to boost the relationships that support and energize you and reduce the time you spend on those relationships that drain or limit you.

Get It Done. Have any tasks hanging around that you need to clear out of the way? This is an exercise to help you find motivation or just take the edge off those unpleasant tasks we all have to do. End procrastination and get it done.

Daily Success Habits.

Small changes to your daily routine can make BIG changes in your life and career. Identify and create 5 new daily success habits to support you in your goals and your life!

Month 3 - Setting up for Success



Identify Your Spark Team.

Boost energy by identifying and beginning to create a team of people who encourage, inspire and support you!

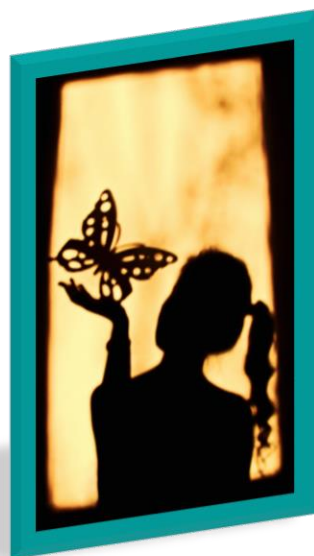
Your 3 Month Vision.

Now that you've done your spring clean - you need to know what you're working towards! Create your vision for the next 3 months.

Identify your SMART Goals.

Finally, we'll work to pull everything you've worked on together. You'll set 3 meaningful goals and define effective action steps you will take to achieve your vision.

Wrap-up and Highlights. Summarize your highlights. and reflect on what you have learned & achieved. Receive your Happiness Certificate of completion and a wonderful summary sheet to help you stay focused on your new vision, goals and daily habits. To Your Happiness!



Celebrate You!

*The real gift, is who
YOU have become
in the process.*

Let Go and Let's Go!



Find Your Happy is your support system. You're about to learn **a simple, PROVEN, 90-day process**, which will take you from wherever you are now (stuck, frustrated, scared, unhappy) to confident and fulfilled as you learn exactly how to define happiness and success and develop a concrete plan to achieve it.

I've seen enormous growth in people who have committed to the steps in this program.

Decide not to waste any more time putting off your heart's desires. If you want clarity and guidance as you step into your wholeness, let's work together. If you're ready to transform the blahs into "A-has!" - let's talk!

Sign up for "Find Your Happy" here
[link to webpage where they can sign-up or contact me].

"...break free of the 'daily-grind' and enjoy this 'adventure called life' as much as you possibly can!"

I am very excited about this program and would love to work with you.

To your Happiness!

Stella Frances

Contact me, Stella at 561-430-0012 and/or Stella@StellaFrances.com.

“Change is the essence of life; be willing to surrender what you are for what you could become.” -Reinhold Niebuhr



*There once was an oyster, whose story I tell,
Who found that some **sand had got into his shell.**
It was only a grain, but it gave him great pain.*

*He said to himself as he lay on a shell,
Since I cannot remove it, I shall try to improve it.
Now the years have rolled around, as the years always do,*

*And the small grain of sand that had bothered him so
Had Become a beautiful pearl all richly aglow.
Now the tale has a moral, for isn't it grand*

*What an oyster can do with a morsel of sand?
What couldn't you do If you'd only begin
With some of the things that get under your skin?*

*“The secret to happiness is freedom... And the secret to
freedom is courage.”*

--Thucydides, Greek Philosopher

