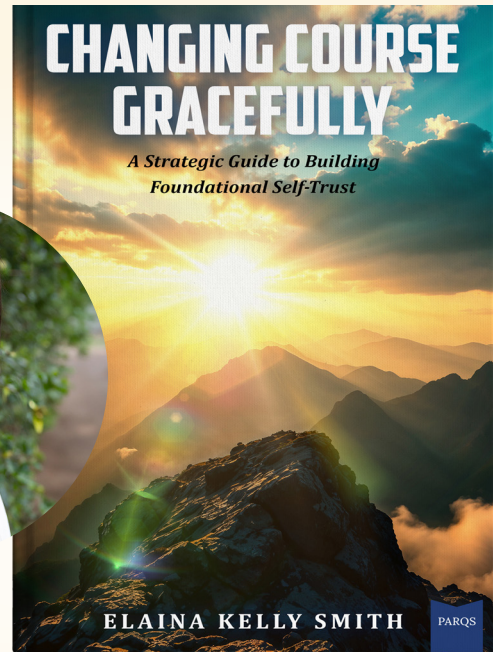


ELAINA KELLY SMITH'S CHANGING COURSE GRACEFULLY

*A Strategic Guide to Building
Foundational Self-Trust*

For the successful person who feels stuck on autopilot, Changing Course Gracefully is the practical toolkit for building foundational self-trust. It introduces the PARQS™ Method (Preferences, Awareness, Right Action, Questions, Self-Acceptance)—a 5-step, down-to-earth system for moving from remote control living to a life of purpose and self-chosen action.



ABOUT THE AUTHOR

After a restrictive upbringing, Elaina Kelly Smith used solo travel to all seven continents as a laboratory for building self-trust. From that journey, she developed the PARQS Method—a down-to-earth, 5-step framework. It's the tool she still uses to help herself and others move from autopilot living to a life of deep clarity and purpose.

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VALUE AT A GLANCE

- ✓ **A Practical System, Not Philosophy:** Introduces the 5-step PARQS Method, a tangible tool for building daily self-trust.
- ✓ **Interrupts the Autopilot Cycle:** Targets the feeling of being stuck in a rut or disconnected with this 5-step framework.
- ✓ **Real-World Guidance:** Features personal stories from the author's travels and proven grounding techniques (such as Box Breathing and the Butterfly Hug) to demonstrate how the PARQS method works in real life.

SEGMENT & INTERVIEW IDEAS (for editors & producers)

- ✓ **Navigating vs Fixing:** We often approach personal growth as a project to fix ourselves. Elaina shares how the PARQS framework offers a different approach: viewing life as terrain to be navigated with a map and compass, rather than a problem to be solved.
- ✓ **The 1-Minute PARQS Check In:** Elaina shares a fast, honest tool to use when you notice you're on remote control—whether you are mindlessly scrolling, saying yes automatically, or just pushing through fatigue. She teaches listeners how to use this 60-second check-in to interrupt the spiral and regain clarity instantly.

TESTIMONIALS

"Honors cultural duty while moving you toward your personal dream."

~ Mason J.

"Small, doable steps to step off autopilot and trust your own voice.."

~ Sammy M.

"Helps me stop people-pleasing and choose what's true for me."

~ Joqua J.



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PARQS