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NEW YEAR RESOLUTION MEDITATION

DEVELOPED BY LOUISE ANNE MAURICE

- **STEP #1** – Identify the goals you have set in the past.
- What behavior needed to change in order to achieve those goals?



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- **STEP #2** – Identify your story.
- What are the excuses you tell yourself and everyone else about why you didn't achieve those goals?



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- **STEP #3** – What do you say to yourself to stop the excuses?
- How does it make you feel?
- Is it empowering or disempowering?



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- **STEP #4** – What fears prevent you from achieving your goals?
- Do you fear disapproval?
- Do you fear success?
- Do you fear change?



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- **STEP #5** – Create your New Year Meditation through consensus where you agree with the behaviors, the stories, the feelings and the fears. Acknowledge that they exist!
- Yes, I may have behaved that way, told those stories, felt that way or had those fears in the past but now I'm [fill-in-the-blank] with new reality in all 4 areas.



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- After all 5 steps are complete, you can record yourself speaking and listen or simply meditate on the new vision every morning and every evening.



SAVE TIME AND MONEY WITH DONE-FOR-YOU SESSIONS INCLUDING COACHING TECHNIQUES AND HANDS-ON ACTIVITIES

MOTIVATION COACHING CERTIFICATION

9 sections • 65 lectures • 5h 53m total length

[Expand all sections](#)

^	Motivation Coach: Complete Motivation Coaching System	10 lectures • 53min
●	Motivation Coach Success Starts Here	Preview 02:18
●	[Tutorial] Motivation Coach Success Foundation	05:43
●	Motivation Coach Resource	04:20
●	Motivation Coach Success Step 1	02:58
●	Motivation Coach Success Step 2	04:40
⦿	[Quiz] Did You Guess Right? ▾	1 question
●	Motivation Coach Success Step 3	03:07
●	[Assignment] Motivation Coach Success Step 4	06:09
●	[PDF] Motivation Coach Success Step 5	02:47
●	Motivation Coach Success Plan	02:44
●	Certification + FAQ	Preview 18:02
∨	Motivation Coach Coaching Tools: Motivation Quiz	5 lectures • 33min
∨	Motivation Coaching Discovery Session	7 lectures • 27min
∨	Motivation Coaching System: Motivation Life Hacks	8 lectures • 44min
∨	Motivation Coaching System: Setting Goals Life Hacks	7 lectures • 37min
∨	Motivation Coaching System: Achieving Goals Life Hacks	7 lectures • 49min
∨	Motivation Coaching System: Procrastination Life Hacks	8 lectures • 36min
∨	Motivation Coaching System: How to Stay Motivated	7 lectures • 31min



Motivation Coaching Certification GRCMC Motivation Coaching

Get Results Coach Academy, Louise Anne Maurice |Coaching ...

4.6 ★★★★★ (340)

★★★★★ 4 weeks ago

This training was very informative. I appreciate the instructor attaching documents that I can serve as a reference and tips based on experiences.

★★★★★ a year ago

Louise , it has been a pleasure taking your course. You a very good instructor, I am 70 years old and I struggled for 50 years with a procrastination problem and as soon as I took your course you hit the nail right on the head as I am a perfectionist. My goal was to take this course and finish it and you have helped me achieve that. This is the first time I have ever finished anything I have started, I will continue on with level 2 as maybe I can help someone and it won't take 50 years to figure out their problem. Thanks again James Whitley

★★★★★ 3 years ago

Louise Anne Maurice is certainly an expert in this field! She shares so much knowledge, experience and advice that I find crucial and extremely valuable to being a good motivation life coach. You can tell she put her heart and soul into constructing this comprehensive course. I have also applied this information to my own life using her formulas and systems to help make changes for myself. She really does make a person feel empowered and confident with her knowledge and enthusiasm. I have just completed this course and feel ready to find my clients and motivate them. I am currently enrolled in her Professional Life Coaching course and am excited about it! I would advise others to take her courses, and I know I will be taking more of them also!

★★★★★ 2 months ago

It's been very mind altering and helpful. I wish I had done this years earlier!

CHECK OUT MORE COURSES FROM LOUISE



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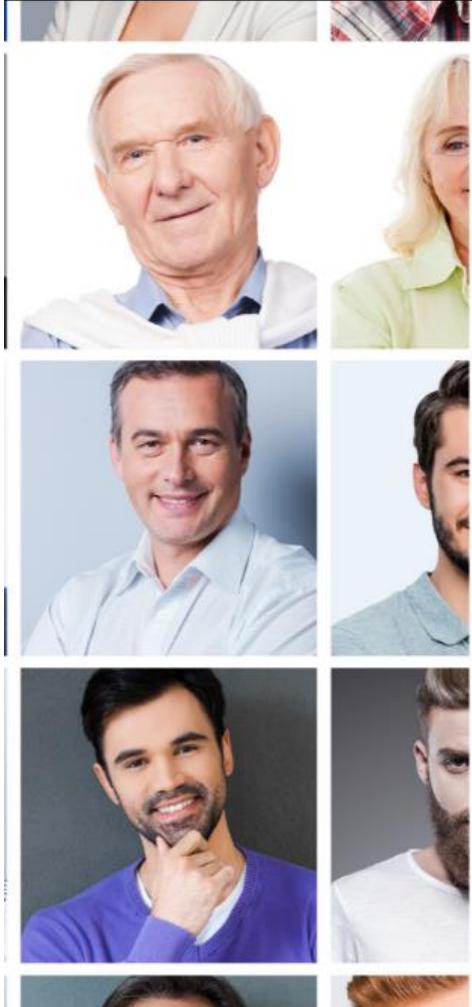
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Benchmark 4	40
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Free Training



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