

# ***HOW***

**PODCAST**



with Louise Anne Maurice

# ***TO COACH***

# ***UNGRATEFUL***

# ***PEOPLE***

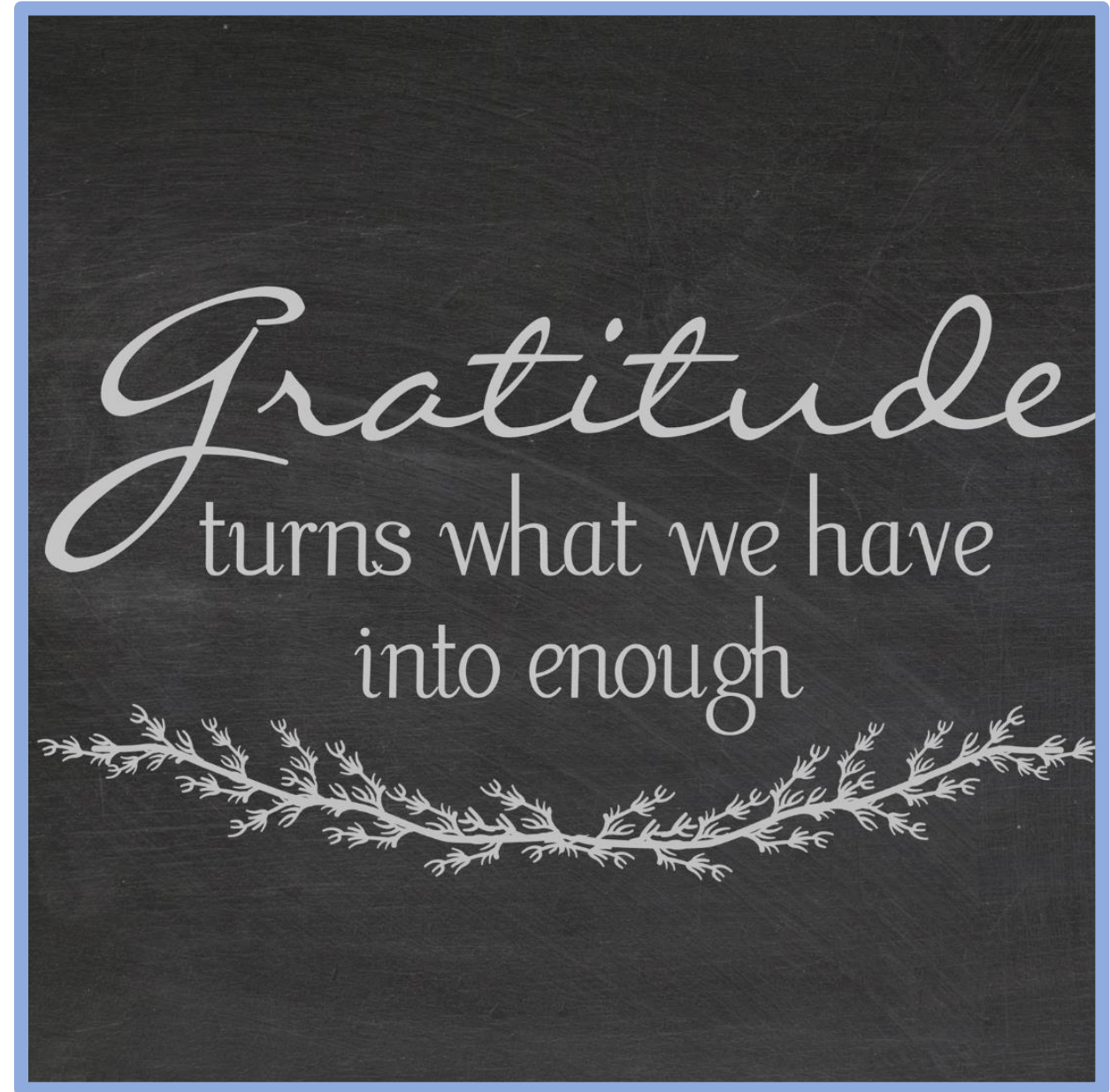


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# Gratitude Definition [LouiseAnneMaurice.Com](http://LouiseAnneMaurice.Com)

<https://www.merriam-webster.com/dictionary/gratitude>

- The state of being grateful.
- Appreciative of benefits received



# Coaching Ungrateful People [LouiseAnneMaurice.Com](http://LouiseAnneMaurice.Com)

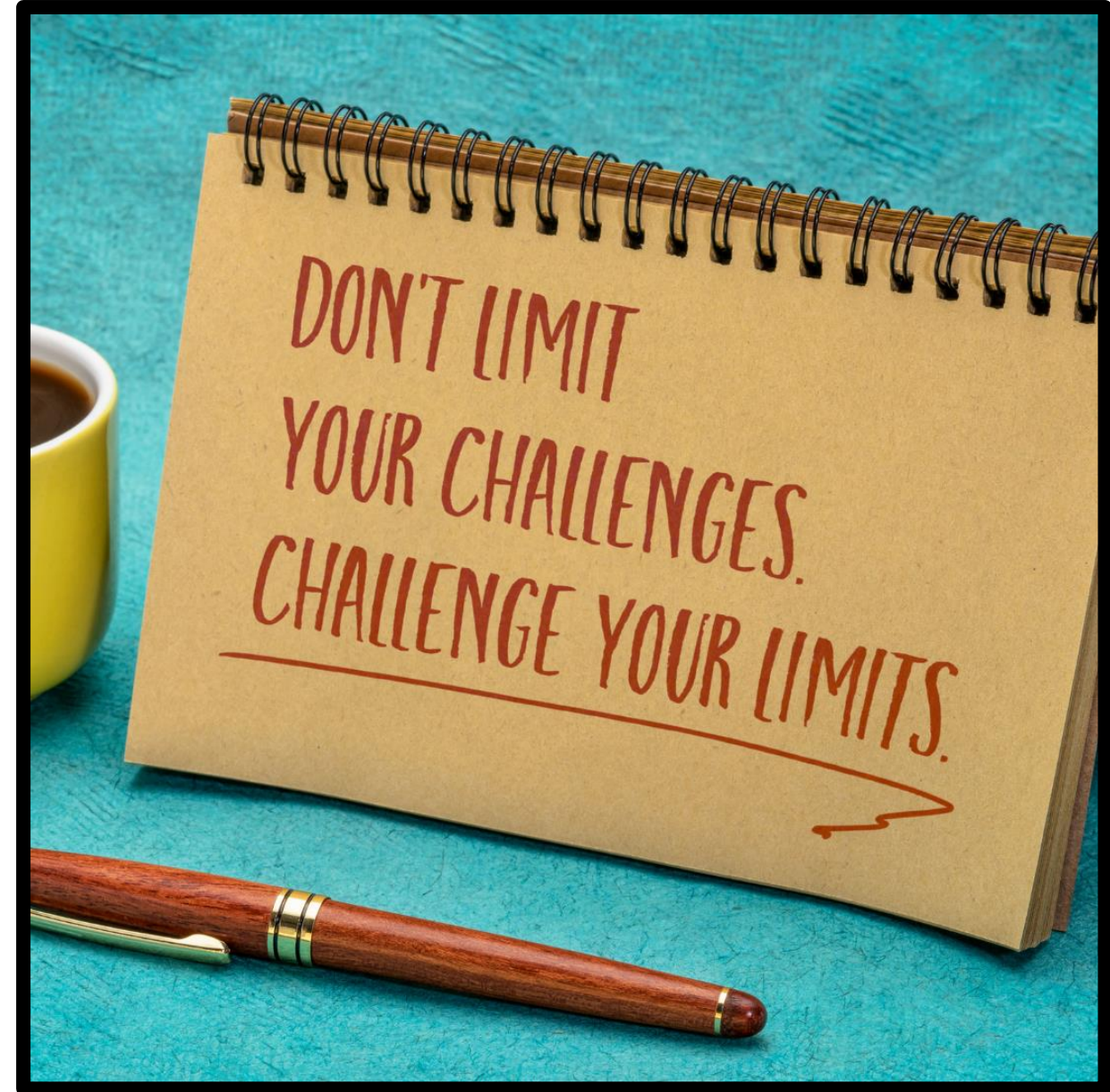
1. What are [\[listen to the podcast to fill-in-the-blanks for the first 5 questions\]](#)?

2. What are

3. What are

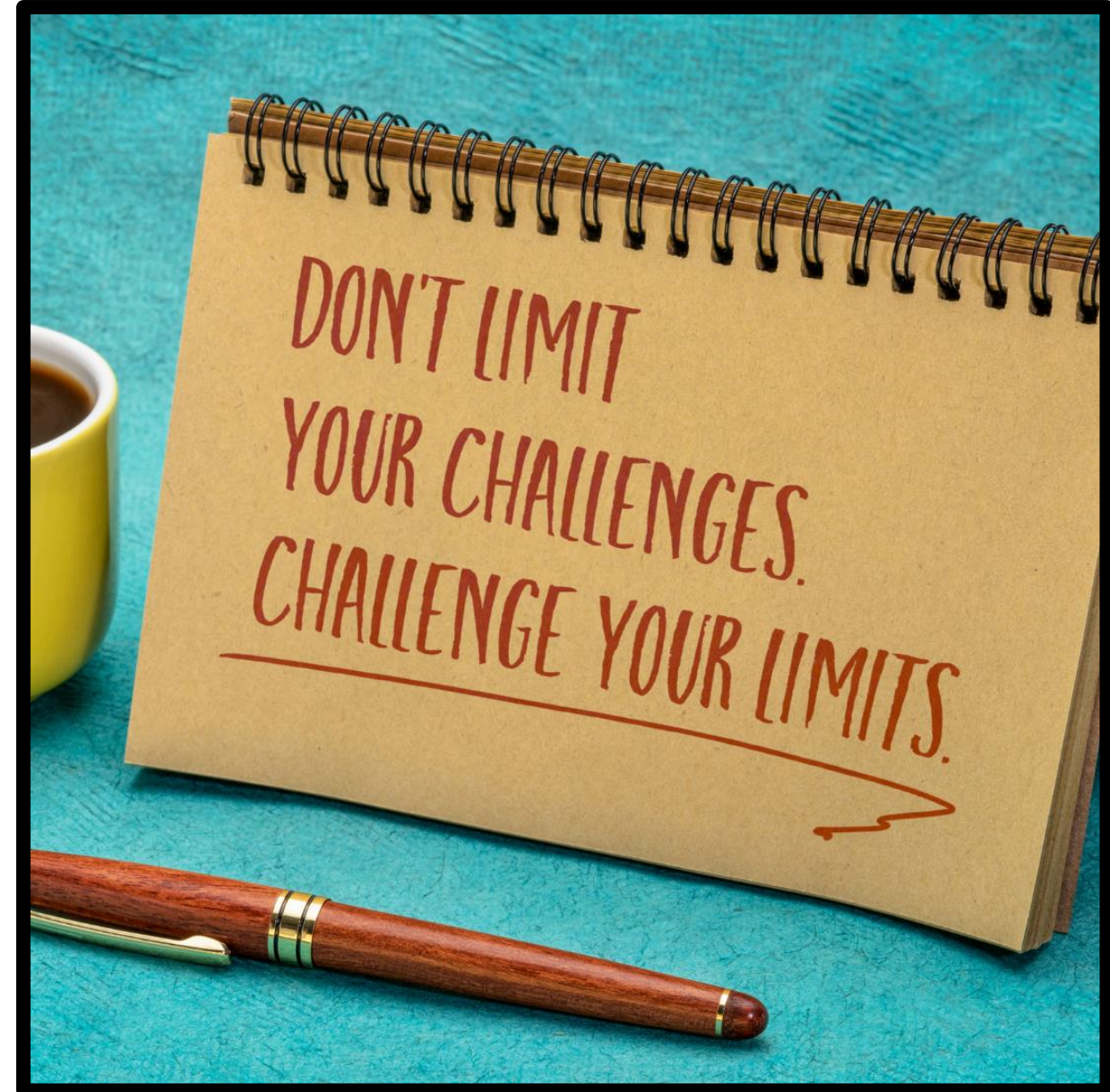
4. What are

5. What are



# Coaching Ungrateful People [LouiseAnneMaurice.Com](http://LouiseAnneMaurice.Com)

6. **What are some positive aspects or qualities that you have or can develop in yourself? How can you acknowledge and appreciate them?**
7. **What are some negative aspects or qualities that you have or can improve in yourself? How can you accept and forgive them?**
8. **What are some values or goals that you have or can align with in your life? How can you live by them?**
9. **What are some sources or examples of inspiration or motivation that you have or can find in your life? How can you follow them?**
10. **What are some ways or practices that you have or can adopt to cultivate gratitude in your daily life? How can you make them a habit?**



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- “A lot more detailed than other courses and I appreciate the thoughtful approach thus far. Getting further into the practicums, the advice is practical and very clear. Simplicity is underestimated and this is a very simply put training. It applies to my natural style very easily which very naturally aligns to what I know Life Coaching as.”



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# Learn with Louise

## LouiseAnneMaurice.Com

How To Be Happy In Life by Louise Anne ...

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Empowerment Expert

LOUISE ANNE MAURICE

### In Life

Benchmark	Value
Benchmark 1	10
Benchmark 2	20
Benchmark 3	30
Benchmark 4	40
Benchmark 5	50

Free Training

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