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HOW I QUIT ALCOHOL &

BECAME A BETTER COACH

Healthy Habits with Louise Anne Maurice



DEVELOP HEALTHY HABITS TO QUIT ALCOHOL WITH

LOUISE ANNE MAURICE

Here are some hacks to make the process of quitting drinking alcohol easier:

Know Your Triggers: Understand what situations, people, or emotions make you want to drink. Avoid or prepare for these triggers.

Create New Rituals: Replace drinking rituals with healthier ones, like going for a walk or reading a book.

Tell Friends and Family: Let trusted people know about your decision so they can support you.

Deep Breathing Techniques: Use methods like the 4-7-8 breathing that you learned about in the how to quit smoking download to manage stress and cravings.

Find New Hobbies: Explore new hobbies that keep you engaged and away from drinking.

Track Your Progress: Keep a journal or use an app to track your progress and celebrate milestones.

Take Empowered Habits a step further by understanding the root cause of unhealthy habits in every area of life.

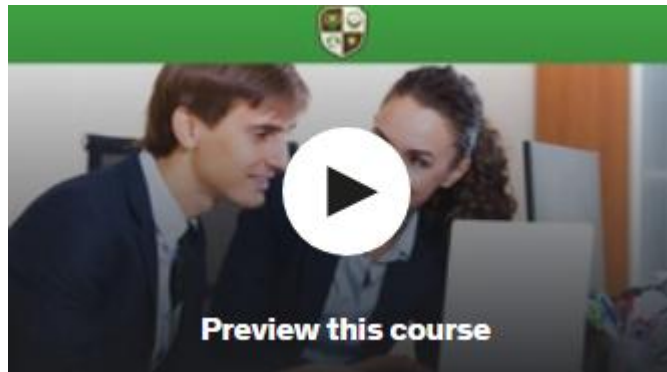
Learn more about [Holistic Health and Wellness Coaching](#).

- “In the beginning I was skeptical to enroll but after going through section 1, I was certain that I want to finish the course. The course covered the holistic wellbeing dimensions and the instructor was passionate as well as knowledgeable. She has impacted a great amount of knowledge and coaching skills. This will definitely add value to my career as a wellness practitioner.”



Take Empowered Habits a step further by understanding yourself so that you can understand others.
Learn more about [Professional Life Coaching](#).

- “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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