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HOW I QUIT ANXIETY &

BECAME A BETTER COACH

Healthy Habits with Louise Anne Maurice



DEVELOP THE HEALTHY HABIT OF CALM TO QUIT ANXIETY WITH LOUISE ANNE MAURICE

Feng Shui Elements Help to Calm and Lessen Anxiety

Wood symbolizes growth and renewal, bringing life and freshness.

Fire adds warmth and energy, making spaces feel lively and inviting.

Earth provides stability and grounding, essential for relaxation and peace.

Metal offers clarity and precision, which are crucial for efficiency and focus.

Water promotes calmness and spirituality, helping to reduce stress and anxiety.

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Here is how you can incorporate these elements in your home to create a balanced and calming environment.

Room-by-Room Breakdown:

Living Room: Wood (plants), Fire (candles)

Dining Room: Fire (red decor), Earth (clay pots)

Bedroom: Earth (stone sculptures), Metal (frames)

Office: Wood (wooden desk), Metal (metallic objects)

Bathroom/Meditation Area: Water (fountains), Earth (earth-toned decor)

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.”



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LOUISE ANNE MAURICE

In Life

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Benchmark 2	20
Benchmark 3	30
Benchmark 4	40
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Free Training

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