

Healthy Habits with Louise Anne Maurice

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**HOW I QUIT**

**COFFEE**

**AND IMPROVED**

**MY COACHING**



# DEVELOP THE HEALTHY HABIT OF MOVING TO QUIT COFFEE WITH LOUISE ANNE MAURICE

Here are a few hacks to develop the healthy habit of moving your body in the morning that makes quitting coffee simple:

**Lay out your workout clothes and gear the night before:** Prepare everything you need the night before to make it easier to jump into action first thing in the morning.

**Set a Positive Alarm Tone:** Choose an alarm sound that energizes and motivates you rather than one that startles you awake.

**Stretch in Bed:** Start with some gentle stretches while you're still in bed to wake up your muscles.

**Hydrate:** Drink a glass of warm water right after waking up to kickstart your metabolism and hydration.

**Have a Morning Routine Playlist:** Create a playlist of your favorite upbeat songs to get you in the mood to move.

**Set a Mini Goal:** Aim for just 5-10 minutes of movement initially. Often, once you start, you'll feel more motivated to keep going.

By creating a routine that's simple and enjoyable, you'll find it much easier to get moving in the morning.

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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