

**Healthy Habits with Louise Anne Maurice**

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**HOW I QUIT**

**EATING SUGAR**

**AND IMPROVED**

**MY COACHING**



# DEVELOP HEALTHY HABITS TO QUIT EATING SUGAR

## WITH LOUISE ANNE MAURICE

One effective Cognitive Behavioral Therapy (CBT) method to manage sugar cravings is the "5-4-3-2-1 Technique." This method helps ground you in the present moment and redirect your focus away from the craving. Here's how to use the 5-4-3-2-1 Technique:

**Acknowledge 5 Things You See:** Look around and identify five things you can see. It could be anything in your surroundings, like a picture on the wall or a book on the table.

**Notice 4 Things You Can Touch:** Focus on four things you can feel. This could be the texture of your clothes, the chair you're sitting on, or a nearby object.

**Listen for 3 Things You Can Hear:** Pay attention to three sounds around you. It could be the hum of an appliance, birds chirping, or distant traffic.

**Identify 2 Things You Can Smell:** Notice two scents. It could be the aroma of your soap, a nearby plant, or any lingering smells.

**Acknowledge 1 Thing You Can Taste:** Focus on one thing you can taste. It could be the aftertaste of your last meal, a sip of water, or even just the natural taste in your mouth.

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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