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 Heath 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."



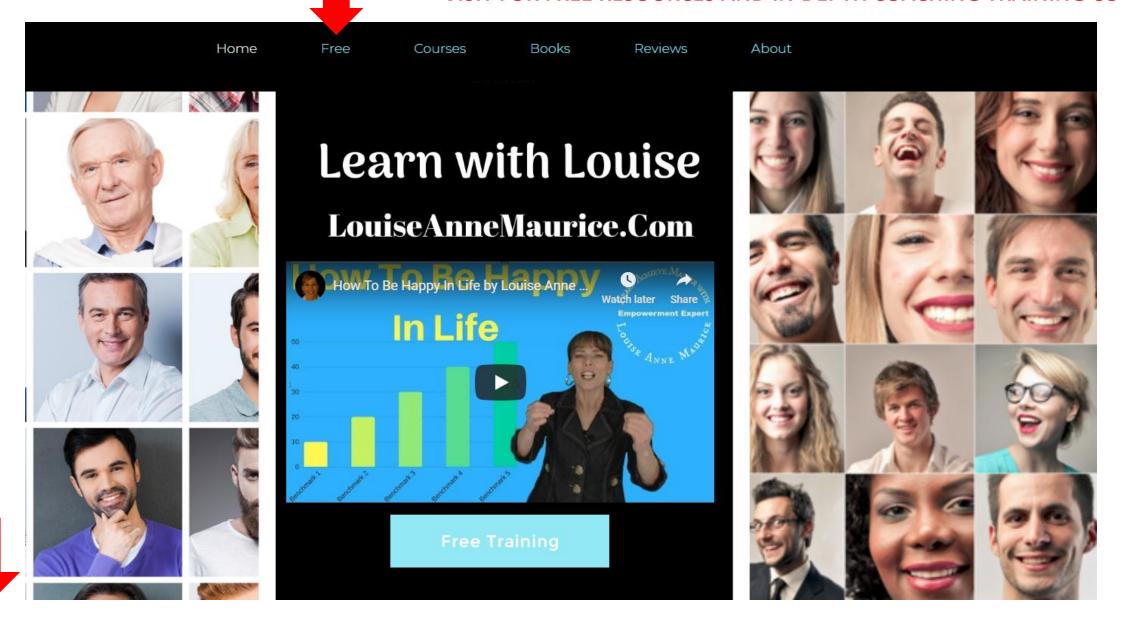
Take Empowered Habits a step further by understanding yourself so that you can understand others.

Learn more about <u>Professional Life Coaching</u>.

• "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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