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HOW I STOPPED OVERTHINKING &

BECAME A BETTER LEADER

Healthy Habits for Professionals
with Louise Anne Maurice



DEVELOP HEALTHY HABITS TO STOP OVERTHINKING

WITH LOUISE ANNE MAURICE

Creative expression was a way for me to stop analysis paralysis and overthinking which gradually built up my emotional strength and resistance. Here's a simple activity to follow:

Doodling: Set a timer for 10 minutes and doodle whatever comes to mind. Let your hand move freely and create shapes, patterns or simple sketches.

Choose a Prompt: Select a creative prompt to guide your doodling. Here are a few examples:

"Draw or write about a place that makes you feel calm and happy."

"Illustrate a dream or goal you have and how you might achieve it."

"Create a visual representation of an emotion you're feeling right now."

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Reflect on Your Creation: After you've completed your doodling session, take a few minutes to reflect on what you've created. Ask yourself:

What emotions or thoughts came up during the process?

How do I feel now compared to when I started?

What insights or new perspectives did I gain?

Embrace Imperfection: Remember that the goal is not to create a masterpiece but to express yourself and find clarity.

By engaging in creative doodling, you can effectively divert your mind from overthinking and immerse yourself in a meaningful and enjoyable activity. This practice not only enhances your creative skills but also strengthens emotional and mental well-being.

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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In Life

Benchmark	Value
Benchmark 1	10
Benchmark 2	20
Benchmark 3	30
Benchmark 4	40
Benchmark 5	50

Free Training

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