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HOW I STOPPED PEOPLE PLEASING &

BECAME A BETTER COACH

Healthy Habits with Louise Anne Maurice



DEVELOP HEALTHY HABITS TO STOP PEOPLE PLEASING WITH LOUISE ANNE MAURICE

A useful hack I used for desensitizing myself to people-pleasing triggers was to practice gradual exposure combined with self-affirmation. This method helped me to build resilience and confidence over time.

List Your Triggers: Write down situations or scenarios where you feel the urge to people-please. For example, saying "yes" to requests when you want to say "no," seeking approval, or avoiding conflict.

Start Small: Begin with less challenging scenarios. Gradually expose yourself to these triggers in a controlled manner. For example, practice saying "no" to small, manageable requests first.

Increase Intensity: As you build confidence, move on to more challenging situations. This helps you desensitize yourself to the discomfort over time.

Positive Affirmations: Before, during, and after exposure to triggers, repeat positive affirmations to yourself. For example, "I am worthy of respect," "My needs are important," or "It's okay to say no."

Take Empowered Habits a step further by understanding the root cause of unhealthy habits in every area of life.

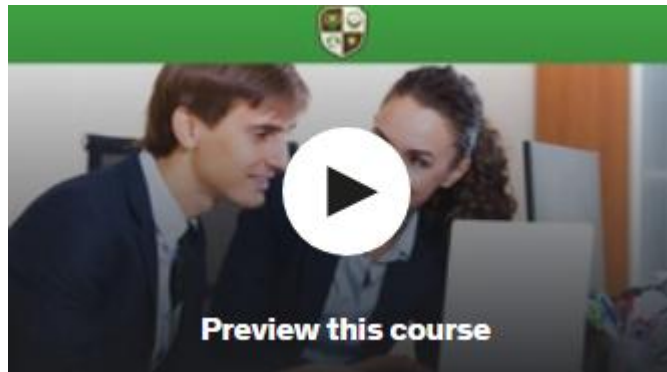
Learn more about [Holistic Health and Wellness Coaching](#).

- “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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