

Healthy Habits with Louise Anne Maurice

HOW I STOPPED SELF-SABOTAGE AND IMPROVED MY COACHING

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DEVELOP HEALTHY HABITS TO STOP SELF-SABOTAGE

WITH LOUISE ANNE MAURICE

Here's a simple hack for using my LADDER framework to develop healthy habits to stop self-sabotage:

L - Look at the Situation Objectively: Gain a clear and unbiased view of the situation.

A - Accept and Acknowledge Emotions: Recognize and accept your feelings without judgment.

D - Determine the Root Cause: Understand the underlying reasons for your self-sabotage.

D - Develop a Plan: Create a concrete plan to address the root cause and change your behavior.

E - Execute the Plan: Put your plan into action and take proactive steps toward change.

R - Reflect and Reassess: Evaluate your progress and make necessary adjustments.

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

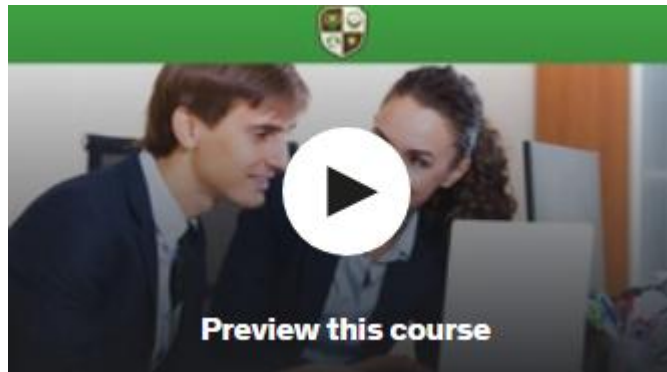
Learn more about [Holistic Health and Wellness Coaching](#).

- “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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