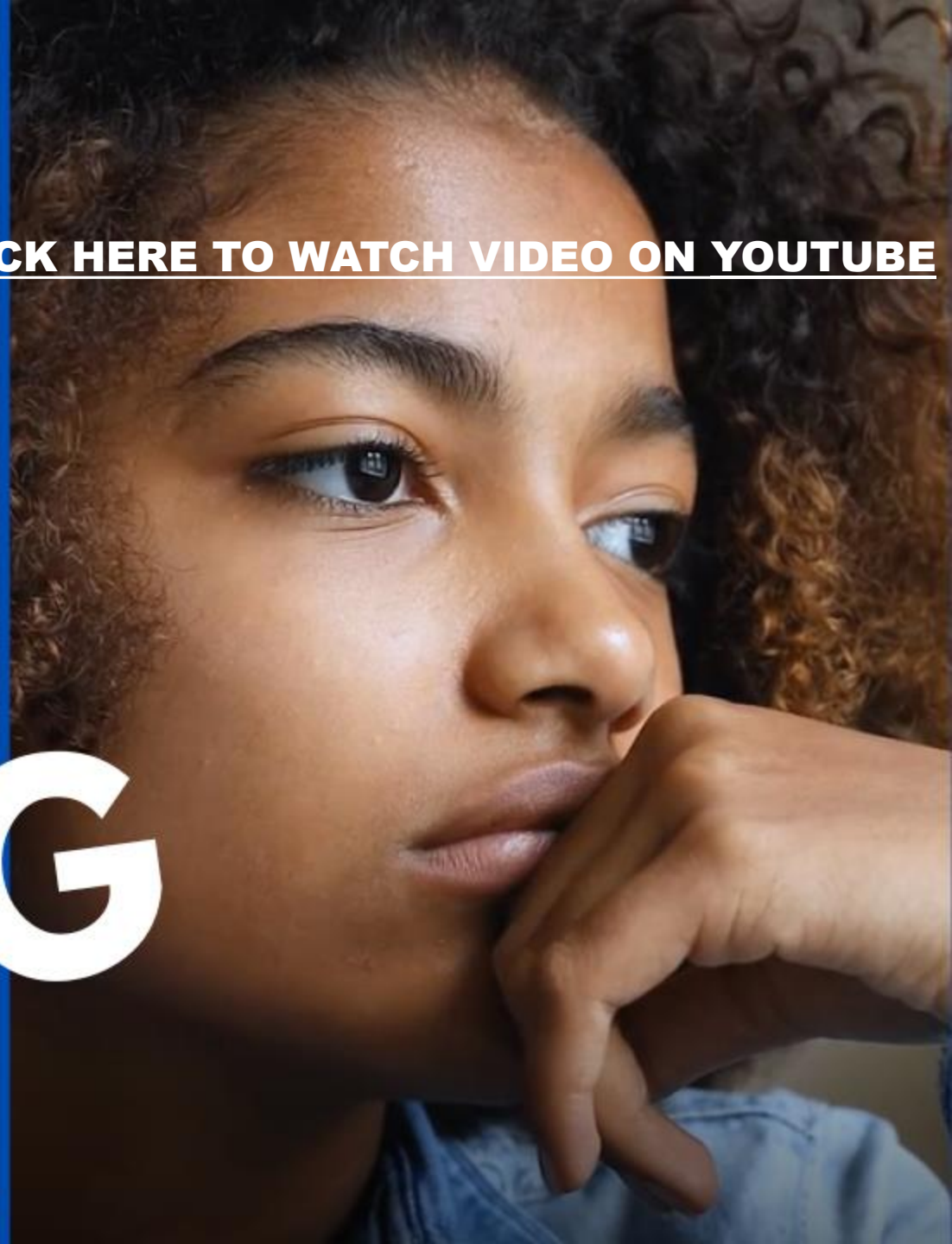


HOW TO COACH OVER- THINKING

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Louise Anne Maurice



What Should I Do, I Overthink with @LouiseAnneMaurice

I pride myself in having great planning skills. If I'm being real, I overthink everything and because I do, I get nothing done. What should I do? How do I stop overthinking?

What Should I Do, I Overthink with @LouiseAnneMaurice

- **Stop Overthinking Step #1** – Identify the times when you overthink. Is it all times, when your reputation is on the line, when you are pressured to make a must-be-perfect decision?
- **Stop Overthinking Step #2** – Identify the times when you have made an impulsive decision. Did it turn out to be the “wrong decision”? What did it cost you? What comments do people make about that impulsive decision? What guilt do you hold onto? What purpose does the guilt serve?
- **Stop Overthinking Step #3** – Develop your own TDMP “thoughtful decision-making process” that feels right for you. Choose 1 Value that supports your desired end-result. Choose the thoughts that support you and proceed on each decision using the framework.

Take Empowered Prevention a step further by understanding the root cause of Overthinking. Learn more about [Women Empowerment Life Coaching](#).

- “I am just in the beginnings of the course but am really enjoying and gaining an incredible amount of knowledge from what I have learned so far. I look forward to moving through the rest of the course! UPDATE: I have completed the entire course and truly enjoyed the process and learning. New perspectives throughout allowed for me to build a step by step process with clients who truly appreciated the sessions.”



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Free Training

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