

Louise Anne Maurice

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HOW TO COACH MOTIVATION ISSUES



What Should I Do, I Lack Motivation with @LouiseAnneMaurice

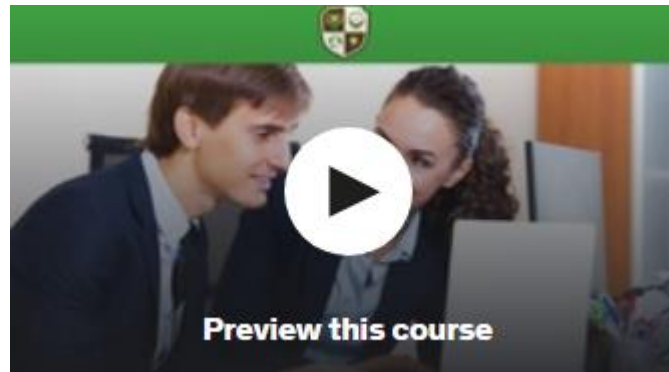
**My life has been one big
adrenaline-filled roller-coaster
ride of excitement and then I
got a job. Now that I have
settled down, I lack motivation.
What should I do?**

What Should I Do, I Lack Motivation with @LouiseAnneMaurice

- **Adrenaline addiction is real. The brain has been grooved to expect that it will receive its daily dose of chemicals. If it doesn't receive stimulation, it will create excitement some other way.**
 - **This results in conflict. Conflict at home, conflict in the workplace etc. When conflict is created, the brain has its fix and then motivation ensues. But it is motivated for the wrong reasons.**
- 1.How can I make this exciting and new in healthy ways?**
 - 2.How can I get my body moving more?**
 - 3.How can I challenge my brain more?**

Take Empowered Prevention a step further by understanding the root cause of Motivation Issues.
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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Free Training

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