

Healthy Habits for Professionals with Louise Anne Maurice

HOW TO STOP

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FEELING SAD



DEVELOP HEALTHY HABITS TO STOP FEELING SAD

WITH LOUISE ANNE MAURICE

I'm not the first one to suggest it but a hack to lift your spirits when you're feeling sad is to practice gratitude journaling. I've used it to shift my focus from negative thoughts to positive ones. It also changed my brain to look for what brings me joy as opposed to what makes me feel sad. Here are the **steps I follow for Gratitude Journaling**:

Set Aside Time: Choose a time each day to sit down and reflect. Morning or before bed works well.

Write Three Things: Write down at least three things you're grateful for. These can be big or small, like a kind word from a friend or a beautiful sunset.

Be Specific: Describe why you're grateful for each thing. The more detail, the better.

Reflect on Positive Changes: Notice how these positive moments impact your mood and perspective over time.

Include Moments of Joy: Note specific joyful moments from your day.

Consistency is Key: Make it a daily habit, even on days when you don't feel like it.

Express Gratitude to Others: Let people know you appreciate them. This can strengthen relationships and boost your mood.

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

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Benchmark 2	20
Benchmark 3	30
Benchmark 4	40
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Free Training

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