

HOW TO COACH INFERIOR FEELINGS

Louise Anne Maurice

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What Should I Do, I Feel Inferior with @LouiseAnneMaurice

I can't stop comparing myself to other people. I question the meaning of why I am doing what I do. My challenge is overcoming the habit of trying to be like everyone else because I feel inferior if I'm different. What should I do?

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- Recall a time when you felt good enough in who you were or what you accomplished. What happened? What comments did they make? How did their comments make you feel? What did you say to them in response? Were you disciplined? What words were expressed? How did you feel?**
- Today, when you define what makes you successful, do you stop yourself for fear of humiliation? When you ignore warning signs and something goes wrong, do you retreat to the definitions other people live by so you can fit in? How does that make you feel? Do you question your purpose?**
- What type of preventative measures can you put in place? Can you develop your own meanings so that you can create a new identity that is poised for the future?**

Empowered Meaning with @LouiseAnneMaurice

- **Follow this Empowered Prevention to work with feelings of inferiority and keep me posted on your results.**
- **Our next bonus training series is called Empowered Meaning where you will learn to breakthrough limiting beliefs so that you can create new meaning for every area of your life and guide others to do the same.**

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

- “This course has been phenomenal for first my personal development!! I am now super excited to coaching others because I’ve gotten a better understanding of what I was missing and/or needed to work on to become a better me! Mrs. Maurice is a great instructor!”



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Free Training

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