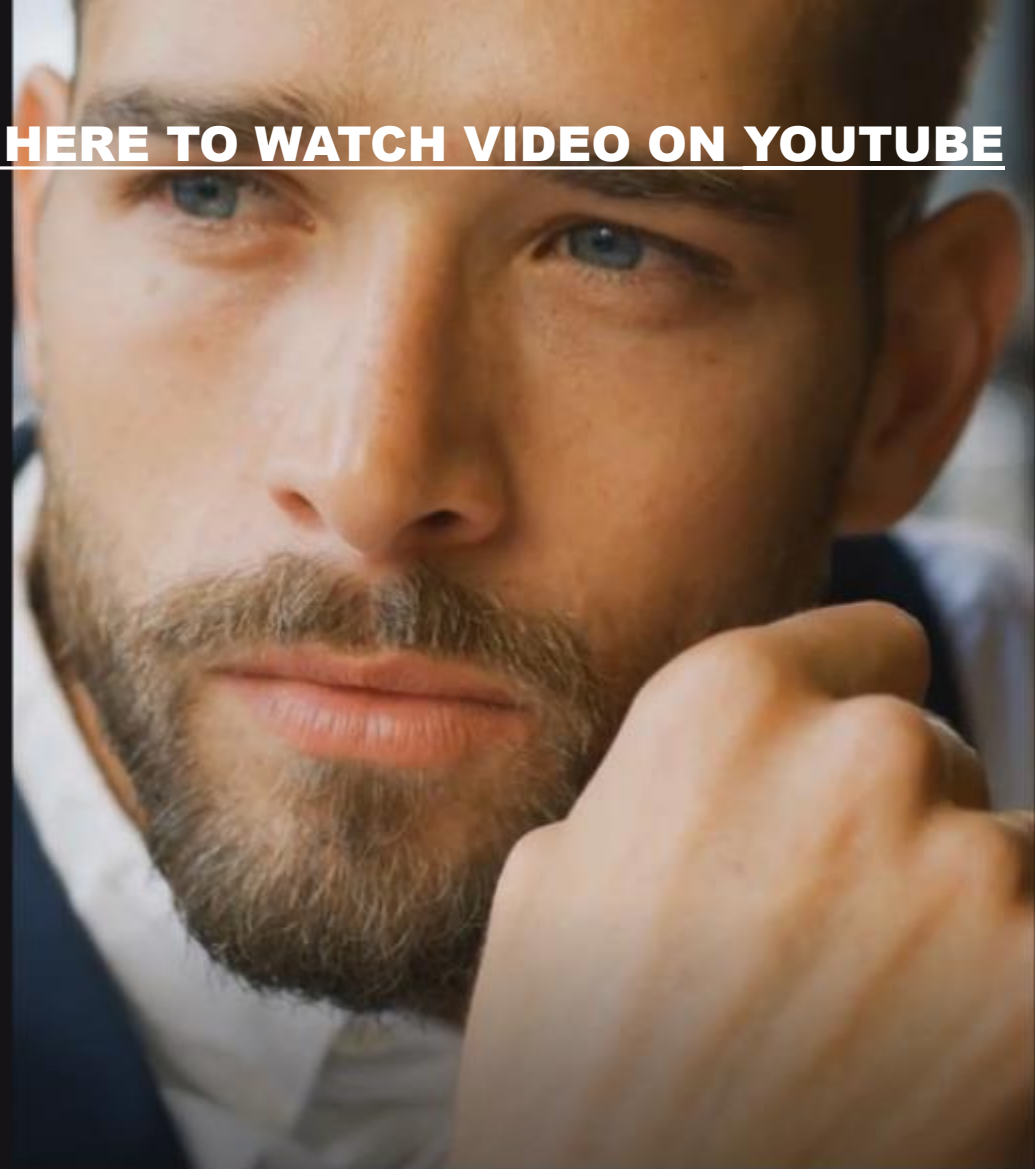


Louise Anne Maurice

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HOW TO COACH

PROCRASTINATORS



What Should I Do, I'm Procrastinating with @LouiseAnneMaurice

Learning is a passion of mine as long as I am not tested (LOL). I can spend hours learning but when I try to put into action what I have learned, I distract myself. Why am I procrastinating when it is something I really want? What should I do?

What Should I Do, I'm Procrastinating with @LouiseAnneMaurice

- Recall a time when you were in the flow of doing something that you enjoy, what do you see?**
- What do you hear? What do you feel?**
- Now recall a time when you were expected to complete a task, what do you see? Are you smiling or anxious? What do you hear? Are you being encouraged or criticized? What do you feel? Do you feel unstoppable or humiliated?**
- Those early memories are encoded in your central nervous system and will stop you from being harmed.**
- The next time you have to implement or take action, bring up the memory of your flow state.**

Take Empowered Prevention a step further by understanding the root cause of Procrastination.
Learn more about [Personal Development Life Coaching](#).

- “Another great course, and amazing content and value add via the templates. This is the standard for what training courses should all be - get to the point without too much fluff and support candidates to get out and apply the learning, with the confidence to do so. This was a great opportunity for me to get working on myself while completing the fieldwork. Thanks Louise Anne Maurice, for always delivering on the expectation.”



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Free Training



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