

THE BUSY WOMAN'S GUIDE TO

High Energy
HAPPINESS

Workbook



LOUISE THOMPSON

In this companion workbook, you **will find every action step from Louise's book "The Busy Woman's Guide to High Energy Happiness" plus some extras** there were not space for in the book. Boom!

We've created a handy checkbox beside each action step below that you can use to track your progress as you work your way through the workbook. To make it easy for you, we've labelled each action step /excerpt with the correlating page number from the book, *as well as* the page it can be found in the workbook. You will need your copy of the "The Busy Woman's Guide to High Energy Happiness" in hand as you work through the workbook so you can refer between them.

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Your **High Energy Happiness** Workbook

I wrote “High Energy Happiness” to be as close as possible to the live coaching process with me. Coaching is not a passive process, it’s about encouraging continual action and reflection, that moves the client forwards. It’s an active process where I pull out a huge kitbag stuffed full of all the mind, body and soul tools they need to restore vitality, and empower health and wellness.

So: I encourage you to work your way through the book. That’s what this workbook is all about, giving you an additional space and resource to work through each important step. Creating a happy, energetic life is a participation sport rather than a spectator sport! **You will get the most out of your journey by actually doing the exercises in this book, not just reading them.** This will help you analyse your situation and understand the unique trigger points that create tiredness in your life. The path back is hidden in your own answers, so I encourage you to make a cup of herbal tea, find a quiet space, grab a pen and work through the answers that come up for you. **Your road to vitality is in those answers.**

These tools have been used extensively by me and my clients. They work, if you work! I have seen so many men and women, grey with tiredness, stumble into my office and be transformed by their own diligent application of these tools. Seeing the beautiful butterflies they are emerge as they put these habits of energy into practice is a pleasure and a privilege. But it won’t happen by magic; you need to do the work in the book, not just read it. The power is in the application.

Nothing in this programme is difficult.

Nothing is complex.

Nothing is going to take a degree in biology to understand.

But it does take the decision to consistently choose yourself.

Choose wellness. Choose to apply the tools.

And choose a life that will rapidly unfold into the energetic one I know you deserve.

Let’s get cracking!

Louisethompson 
Life Coach. Writer. Speaker



Ten Truth Flashes of **High Energy Happiness** -Pg. 10

I learned some fundamental truths as I recovered my energy, without which I would still be crying into my triple-strength espresso. These ten principles are the shortcut to high energy.

Truth Flash #1: You have to *prioritise* your energy levels. Only you can do that. There is nothing more important than this right now. It's your most important work in the world and is your foundation for a well-lived, happy life.

Truth Flash #2: Your body is an amazing miracle. It is a healing machine. It is your *job* to create the optimum conditions for it to *heal* itself.

Truth Flash #3: You must be prepared to choose to *think* differently and *do* differently in order to *feel* differently. It's not a passive programme; it works if you work!

Truth Flash #4: There is a zero-tolerance policy for whining, moaning and generally feeling sorry for yourself. It brings others down, it brings you down. It brings your energy down. There is no room for a pity party here or in life!

Truth Flash #5: Consistency is key. How do people reach the top of Everest? One step at a time in the right direction. The same principle applies here. Choose consistently in favour of what you want. And what you want is to feel energetic and happy, right?

Truth Flash #6: Your physical body and your true emotional state are your *highest priority*. Now. Always. Forever. Put your own oxygen mask on first.

Truth Flash #7: You don't 'catch' continual tiredness, you give it to yourself. The great news about this is that you can take *responsibility* to heal yourself, too. It's a gift from which to learn and shape an awesome, energetic life.

Truth Flash #8: Emotions are messengers from our true, authentic self and they are not to be feared. Emotions are *energy in our body*. And we need to feel them and process them in the body.

Truth Flash #9: The only thing you *have* to do is breathe, and everything after that is a choice. 'Have to' is a limiting thought pattern that keeps you stuck.

Truth Flash #10: *Outrageous energy* is available to us all. We just need to be aware and consistently choose in favour of it. It's not a magic trick, it's a process.



The Seven Stages of Fatigue -Pg. 23

The Seven Stages of Fatigue

I want you to assess where you are at right now. Maybe you are just a little tired now and then, maybe you are so exhausted that every single day is a grind you struggle through. **Tiredness is a normal thing to feel.** In response to activity the body gets tired to prompt us to rest. It's just one of those essential body regulation systems, like if we are not well hydrated the body will get thirsty to prompt us to drink. That's all normal. **Tiredness is not normal when it's relentless.**

So, let's set a benchmark for you for later comparison.

What is your energy level in general at the moment?

Rate it out of 10

10 being full of energy and 1 being no energy at all

1 2 3 4 5 6 7 8 9 10

When was the last time you felt full of energy?

What were you doing?

**Turn insight into action.
Insight without action is worthless.**

Marie Forleo

Stage 0

Situation Normal

You feel great. Don't even think about your energy levels. Doing lots of stuff. Tired by the evening, some nights more than others depending on what you've been doing. Go to bed. Wake up feeling refreshed. Energy levels are just not an issue or a concern.

Is this you? **YES NO**

Stage 1

Inspired

Interestingly, this stage still feels pretty good! You are coasting on the adrenaline rush of the job or life in general. Busy, busy, social, work, events, things. Buzzing from one thing to the next with lots of energy and enthusiasm. However, you find it harder to wind down afterwards and are aware that there is very little downtime built into life. But it's not a problem – life is there to be lived!

Is this you? **YES NO**

Stage 2

Wired

Life is still busy, of course, and may even still be pretty fabulous. However, you are starting to use a few wee extras to prop up the old energy levels as you are feeling quite tired now and again, and maybe not sleeping so well. You might be describing this as feeling a little 'run down'. Might be craving energy drinks, wine, coffee, ciggies, carbs (bread, bagels, sweet stuff, crackers, salty things) to prop up energy levels. Coffee. More coffee. Life is becoming a rollercoaster of good energy days and bad energy days.

Is this you? **YES NO**

Stage 3

Pushing Through, Bouncing Back

Hmm . . . well, this really is pushing through the daily grind. Everything is more of an effort than usual. You have more bad energy days than good and it is an effort to stay focused on work. Social stuff seems never-ending but is still fun. Stage 3 is the real 'yo-yo' stage. After a long weekend chilling, or a couple of nights in, you feel better and bounce right back. You might be starting to experience intermittent sickness, headaches, nausea, and so on. You have a niggling feeling something is wrong. You have probably consulted the doctor to check it out.

Is this you? **YES NO**

Stage 4

Hauling Ass

Everything is a \$&%&*@# effort, from going to work to meeting a friend for a drink. Personally, I literally felt like I was hauling my ass around from the time I woke up, fantasising about when I could go to bed at the end of the day. You are constantly pushing yourself to get things done. The To Do list seems like your nemesis. You may have headaches, nausea, fuzzy thinking and feel dizzy. Life is one never-ending effort and chore-athon. If it wasn't for coffee nothing would happen. You are really pushing the doctor now – something is not right, surely? He/she still says that the tests show nothing is wrong. Little things are far more irritating than usual, and you are trying your hardest not to be crabby with pretty much everyone.

Is this you? **YES NO**

Stage 5

Breaking Down

You go to bed at night and wake up feeling like you have just done an 18-hour day. Sleep doesn't relieve the tiredness. Nothing relieves the tiredness. You are suffering from dizziness, cuts not healing, hair falling out, continual fatigue, headaches, nausea . . . your body is just shutting down. All the blood tests say that you have no problem. How can that be? Even the coffee isn't kick-starting you any more. You don't want to go to work, go out, have sex, have fun. You just want to hide from the world until you feel better.

Is this you? **YES NO**

Stage 6

Bedridden

You are bedridden or couchridden. Maybe you are on leave from work. Maybe you quit. Maybe, like me, you collapsed and never went back. Either way your body has made a decision and you can't push through any more. You are just exhausted beyond measure. But you may, weirdly, look perfectly okay, which makes it very hard for others to support you or sympathise. You are giving a koala a run for its money and sleeping or snoozing all night and almost all day. Things look, frankly, pretty grim.

Is this you? **YES NO**



Action Step 1: Reality Check -Pg. 27

I am currently at Stage _____ on the fatigue scale.

This has been going on for _____ months/years.

I am now aware that this tiredness can actually be progressive. I don't want that for me. I am a smart and fabulous individual, and I am committed to turning this thing round right now! I am committed to actioning the following programme to restore my vitality and energy, and create my happiest life.



Action Step 2: -Pg. 27

Create a Delicious Version of the Future

Write down some things you want to do/be/see/learn/have when you have your mojo not just back but better than back. Create a delicious vision of the life that awaits you to inspire you to take action.

When I am bursting with energy I will _____

_____.

I will also _____
_____ as well as
_____.

I would like to go _____ and
_____.

I can see my energetic self having _____

as well as learning _____.

People will say _____
about me, and I will love my relationship with _____
_____.

In short, I will be _____.

Sounds good! Hold that vision in your mind as we move forward.



Action Step 3: Commit -Pg. 28

What are you prepared to do to have a delicious life filled with happiness, built on a foundation of vitality and energy? Anything? Whatever it takes?

What if I told you that there was an operation you could have that would magically fix your energy levels? Would you do it? Hell, yes. Even if there was a long post-op recovery? Still yes? What if I told you there was a pharmaceutical drug you could take that would improve your energy levels permanently? Would you take it? Uh-huh. What if it had horrible side effects? Would you still take it? Maybe? Well, here's the thing. None of these things currently exist. They are all external forces of healing, anyway. **The real healing, the natural energy boost that works, doesn't involve a hideous surgery or filling yourself full of drugs. It's an inside job.** Healing from the inside out. You don't get to abdicate the responsibility to a doctor, or a chemist or pharmacologist, or a surgeon. You get to manage and run your own recovery. Kind of cool, right?

Where do you sign up?

Right here.



I, _____, am committed to working through the tools and implementing the ones that resonate with me in order to restore my energy levels. I am ready! Let's go.

Today's date _____



My Current Health -Pg. 33

Describe your current state of health below.

What do you feel? List your symptoms below.

I feel _____
_____ and

and _____ and
_____.

My body also feels _____
_____.

My mind/head feels _____
_____.

It seems to be worse when _____
_____.

Another thing I have noticed my body doing that it didn't used to is _____
_____.

Something I have noticed my body no longer seems able to do is _____
_____.

I have also noticed I feel _____
_____.

I am particularly tired _____
_____.

I bought this book because _____
_____.

Acknowledge that it is not in your head! Read that list . . . this is real . . . it's happening to your body. Feeling tired all the time is not normal. You know how you feel better than anybody, including your doctor. Own it. Now let's do something about it.



Action Steps: Take Responsibility -Pg. 37

It's time to take responsibility. Full responsibility for your health, your energy, your body. Take ownership, it's real . . . and you have the power to fix it. Trust yourself and your capacity to beat this thing yourself. This is it. I believe you. I believe in you. And I believe you can get yourself well and bursting with energy and zest for life once again if you follow the steps I outline.

1. Consult your healthcare practitioner (again!). Get thoroughly tested for anything they think might be causing your continued fatigue. Fatigue can be an indicator of some pretty scary and serious conditions, plus some simple, easy to treat ones such as anaemia. We only rule Adrenal Fatigue IN, when everything else has been ruled OUT. So please make sure you have revisited your Healthcare Practitioner and requested thorough testing around your continued tiredness.

Appointment Date: _____

Test Results: _____

2. Fill in Dr Wilson's comprehensive Adrenal Fatigue Questionnaire (It's in the Appendix of "The Busy Woman's Guide to High Energy Happiness" – right at the back and it's also in the back of this workbook.)

3. Take responsibility. This is your time to step up, stop looking for answers externally, and realise the answer to your energy crisis lies within. Commit to actioning the tools in this programme to create the correct conditions for your body to heal itself.

SATISFACTION	10																				
	9																				
	8																				
	7																				
	6																				
	5																				
	4																				
	3																				
	2																				
	1																				
			43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61
			AGE (YEARS)																		

SATISFACTION	10																				
	9																				
	8																				
	7																				
	6																				
	5																				
	4																				
	3																				
	2																				
	1																				
			62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
			AGE (YEARS)																		



Energy Timeline Analysis: Part 1 -Pg. 40

1. What age were you when you had the least energy? _____

What was going on in the following areas of your life?

Career _____

Health, exercise and diet _____

Love-life _____

Friends and family _____

Kids _____

Money _____

Home or living environment _____

Hobbies and fun _____

2. Repeat this exercise for your second-lowest energy time and your third-lowest energy time. _____

3. What are the common patterns or themes you can see?

4. What is your personal low-energy equation?

For example, I have the lowest energy when I am working in a high-pressure job that I don't enjoy, when I am not expressing myself honestly in a relationship and when my home is a mess.

i.e. stressful job + hate job + low emotional expression + messy house = low energy

What is your low-energy equation?

_____ + _____ + _____ + _____ = low energy

5. Thinking back, what were your most common thought patterns at this time?

For example, I have to be the perfect partner, I need to have a high-powered career so I can be financially independent, etc. Note these thoughts down; they are very important to be aware of. We will come back to them later in the book.



Energy Timeline Analysis: Part 2 -Pg. 40

1. What age were you when you had the most energy? _____

What was going on in the following areas of your life?

Career _____

Health, exercise and diet _____

Love-life _____

Friends and family _____

Kids _____

Money _____

Home or living environment _____

Hobbies and fun _____

2. Repeat this exercise for your second-highest energy time and your third-highest energy time. _____

3. What are the common patterns or themes you can see?

4. What is your personal high-energy equation?

For example, I have the highest energy when I am travelling overseas, in a loving connected relationship where I am 100 per cent myself and when I have multiple creative outlets.

i.e. travel + connected relationship + creative outlets = high energy

What is your high-energy equation?

_____ + _____ + _____ + _____ = high energy

5. Thinking back, what were your most common thought patterns at this time?

For example, it's important I make time to paint, I feel free outdoors, I can be 100 per cent myself around Bob, I love this work, I feel I am making a difference, etc. Note these thoughts down; they are very important to be aware of. We will come back to them later in the book.

Good job! I know that was a lot to do right there (and I promise you all the other questionnaires in the other chapters are much more speedy), but I know it will have been illuminating for you, and it will form the foundation of your progress back to energy.

What are the three biggest things you learned from this exercise on your energy history?

1. _____

2. _____

3. _____



Action Step: Priority Clarity –Pg. 46

1. What are you too busy to do right now for your own self-care?

For example, I'm too busy to . . .

- go to a yoga class listen
- to an eight-minute meditation audio
- have a twenty-minute hot bubble bath
- put my feet up and just rest for a few minutes
- exercise
- eat well

What are you too busy to do for your own self-care?

- I'm too busy to _____
- I'm too busy to _____
- I'm too busy to _____

2. What is a habit of wellness that you know would help your energy levels?

3. How long would it take?

For example, an eight-minute meditation audio daily or a one-hour yoga class twice a week.

4. Get honest, what are you choosing to make a priority instead?

I am too busy making a priority of _____

and _____

and _____

to take care of my wellbeing.

5. Then answer this: Do you have more to do than Barack Obama? YES | NO



Action Step: Tough Love –Pg 48

A benefit I get from being continually fatigued is that I _____

The truth of this situation is I want to leave my (job/husband/country/parenting group/whatever) _____

Or, I want to ask _____

for _____

There. Well done. That wasn't so hard, right? Admitting it to yourself is really important. Because, the thing is, your body already knows this truth. It knows there is a situation (or more than one) in your life where either:

- there is something present that your inner, truest self just cannot tolerate; or
- there is something absent that your inner, truest self absolutely needs.

Don't worry, you don't need to do anything about what you have just uncovered here (unless you want to). For now it's just enough to bring it into awareness. It's about being completely honest with yourself.

Have a good think while you are on a roll. Is there anything else that is secretly benefiting you from being so tired?

Another benefit I get from being continually fatigued is that I _____

The truth of this situation is I want to _____

Or, I want to ask _____

for _____

Is there anything else you are getting out of it? List it here.

Well done, you. Tough love, like I say, but that honesty is important. Your body already knows what you just shared above. It's been working silently on your behalf to try to change your situation by bringing you fatigue. When you start getting honest with yourself and making empowered choices from a fully conscious place, your unconscious and your body won't have to step in and try to do it for you.



Action Step: Identify Health Trades – Pg 51

It's time to get real. What trades are you making on your health? Define them here.

Still think you are getting a good deal?



Action Step: Empowering Health Beliefs –Pg. 53

Write down the beliefs you have about your health that might be holding you back right now.

For example: I just have to put up with feeling this way. No one can help me feel better. I'm too busy for regular exercise. I don't have time to eat well all the time.

Understand that these are just beliefs . . . they are not necessarily the truth. Understand that by committing to this healing journey you are doing the equivalent of a brand-new sub-four-minute mile. Remember, beliefs like 'a sub-four-minute mile is not humanly possible' and even 'the world is flat' were once so commonly held that they were assumed to be fact. These are now things that we might even laugh at, they are so clearly false. You need to replace your old limiting beliefs with new positive ones. Here are some examples of healthier beliefs you may want to adopt:

- I know I can have a really happy, high-energy life that comes from the choices I am empowered to make.
- Everything I take action on from this programme is healing me from a place of fatigue.
- My body is a healing machine! I am creating the optimum conditions for it to re-energise itself.
- I trust in my body's innate wisdom. I can have a happy life built on a foundation of high energy and I am taking control of that healing journey.

List some new empowering beliefs about your health here.

I believe _____

I know that _____

I am sure that if _____

I am _____



My To Do List –Pg. 54

Within this chapter lies one of the greatest secrets of the universe, a fundamental key to wellness and buckets of energy. Knowing this didn't change my life, but putting it into action did. And once you get into the swing of it, it gets easier and easier.

I want you to make a list right now – it won't take a minute – of all the things that are at the top of your To Do list for you to get done over the next week or so.

List the first fifteen things that occur to you here.

1. I need to _____

2. I also need to _____

3. I absolutely must remember to _____

4. Sometime this week I have to _____

5. I must also really make sure I _____

6. I have to _____

7. And I have to _____

8. _____ needs me to _____

9. And I have to do _____

for _____

10. _____ is making me

11. I should get _____
_____ done, I've been really putting that off.

12. And I know I've been procrastinating but I really must _____

13. I said I would do/help with _____

but really I would rather _____

14. Other stuff To Do is _____

15. Finally, I need to _____



Action Step:

Everything Beyond Breathing is a Choice –Pg. 62

Go back to page 25, where you filled in your To Do list. Go through it and rewrite it in empowered language, substituting the words 'choice' or 'I choose' for every must/have to/should. Then get clear: what are you actually choosing between? Are you still happy with that choice? Are there more options? Do you want to make a different choice? Do you want to make the same choice but feel differently about it?

Feel the resentment melt away as you empower yourself. As the resentment recedes, your energy will start to return.

Be vigilant. As you go through each and every day, be aware when you are slipping back into the language of the disempowered. Choose to be empowered and be conscious of the reality of the choices that you are really making. Do not hide behind have to/must/need to any longer. Literally, stop those words as they come out of your mouth. This is your life. These are your choices. Be aware of them. Make them and embrace the consequences.

Playing the role of victim is a cop-out. This is not what a generation of women fought for! You owe it to them and yourself to drop the victim mentality; stop giving all your power away. Start living life on your terms, your choices, your way.

The Four Step Belief Harmony Technique

1. Awareness

What are the beliefs that are driving your current choices?

2. Analysis

Are these beliefs valid in your current circumstances or are they outdated? Do they no longer apply?

3. Release and Replace

Release the old belief from outdated times. Choose a new belief that honours the truth of your circumstances now.

4. Choice

Remember you always have a choice. Choose in favour of your health and happiness.

More Belief System Worksheets are available for download on LouiseThompson.com After you print and complete each worksheet, come back here and check them off!

#1 Work	#2 Money	#3 Relationships	#4 Body Image	#5 Personal Priorities and People Pleasing



Step One: Awareness –Pg. 71

Fill in the blanks with the first thought that comes into your head.
Don't judge or edit.

1. Work means that I _____

2. I can't be perfectly happy until my work _____

3. What my work means to everybody is _____

4. Relaxation is _____

5. My priority is _____

6. If I don't work hard, then _____

7. People who don't work are _____

8. Work makes people _____

9. I wouldn't work so hard if _____

10. My dad thought work was _____

11. Work is _____

12. My mum always thought work would _____

13. In my family, work caused _____

14. Work equals _____

15. If I couldn't work, I _____

16. I'm afraid that if I didn't work I _____

17. Looking after other people is _____

18. People think I _____

19. Being tired means I _____

20. Resting means I am _____

21. If I had more money, _____

22. Having money is not _____

23. In order to have more energy, I'd need to _____

24. Being busy means _____

25. When I have energy, I usually _____

26. If I weren't so busy, I'd _____

27. People think money _____

28. Keeping other people happy is _____

29. I must look after _____

30. People see me as _____

31. People will be upset if _____

32. My job is _____

33. People won't love me unless _____

34. There's always _____

18

Step Two: Analysis –Pg. 72

Go back through the list. Some of these beliefs may well be healthy and life-enhancing. Perfect. Keep them. Identify which of these beliefs are no longer true for you (it might be quite a few). Decide which ones are helping you and those which are not helping you. Understand that everything on this list is a belief; it is not the truth, even if you have believed it for years. For instance, I learned at an early age that ‘To earn good money you must sacrifice’ and ‘Work is hard’. These learned beliefs set me up for two decades of working myself to the bone.

Now I believe that ‘Work is easy and fun!’ and ‘Making money is easy when I am connected to my passion and helping people.’ And do you know what? My new beliefs are so much truer and my life is so much happier and healthier with them. I want that for you, too. I have seen this exercise change so many lives.

Old belief	Is it helpful?	Is it true?	What is a new, healthier belief	Do I want to keep this belief?	I could choose in favour of this by:
Example: “Work is hard”	No	Possibly not	“Work is easy!”	Yes	Focussing on the aspects I enjoy, not the bits I don’t

19

Step Three: Release and Replace –Pg. 73

Acknowledge that a certain belief worked well for you, really supported you at a particular time in your life, but it’s now outdated. Choose to let it go. It’s like a dress you have kept for years that you once loved, but now, being objective, actually it’s shabby, out of fashion and really isn’t age-appropriate. Some clients like to make a little ceremony out of Letting Go; they write their old beliefs on paper and burn them, and watch them release back into the atmosphere so they can move on.



Step Four: Choose in Favour of the New Belief -Pg. 73

Write it down. Stick your new beliefs where you can see them: on the mirror when you clean your teeth, on your notice board at work. Drink in the new truth and start choosing it. Watch as your life and your energy miraculously start to change. Use the Belief Harmony Technique to consciously realign your beliefs to enhance and support the life solution you have today.



Action Step: Remaining Open-Minded –Pg 78

If this is all starting to feel a little woo-woo and out there, relax. Try to suspend the traditional Westernised viewpoint that we have to understand everything to see how it works. Sometimes we don't have to know, and we don't have to believe, it will still work anyway. Whether you naturally embrace the woo-woo or not, the exploration of the mind-body connection is a part of your journey to vitality. So commit right now to staying open-minded and curious.

So, get quiet. Start to be aware of your body, and listen to its wise messages. It's a hotline to health. Sit quietly. Put your hand over your heart. Close your eyes. Be still. Breathe in and out through your nose, slowly, quietly. Be still. Now fill in the spaces below. Don't try too hard or fight or judge what comes up for you. Just write it down.

What is your body whispering to you right now? _____

What is your life whispering to you right now? _____

What is The Universe whispering to you right now? _____

What truth about your life have you been trying to avoid? _____



Action Step 1: Say No to Other People –Pg. 86

Okay, it's an obvious one, but if you are going to stop people-pleasing all the time and reprioritise, then you are going to have to say no to some stuff. That's okay, it's usually other people's stuff.

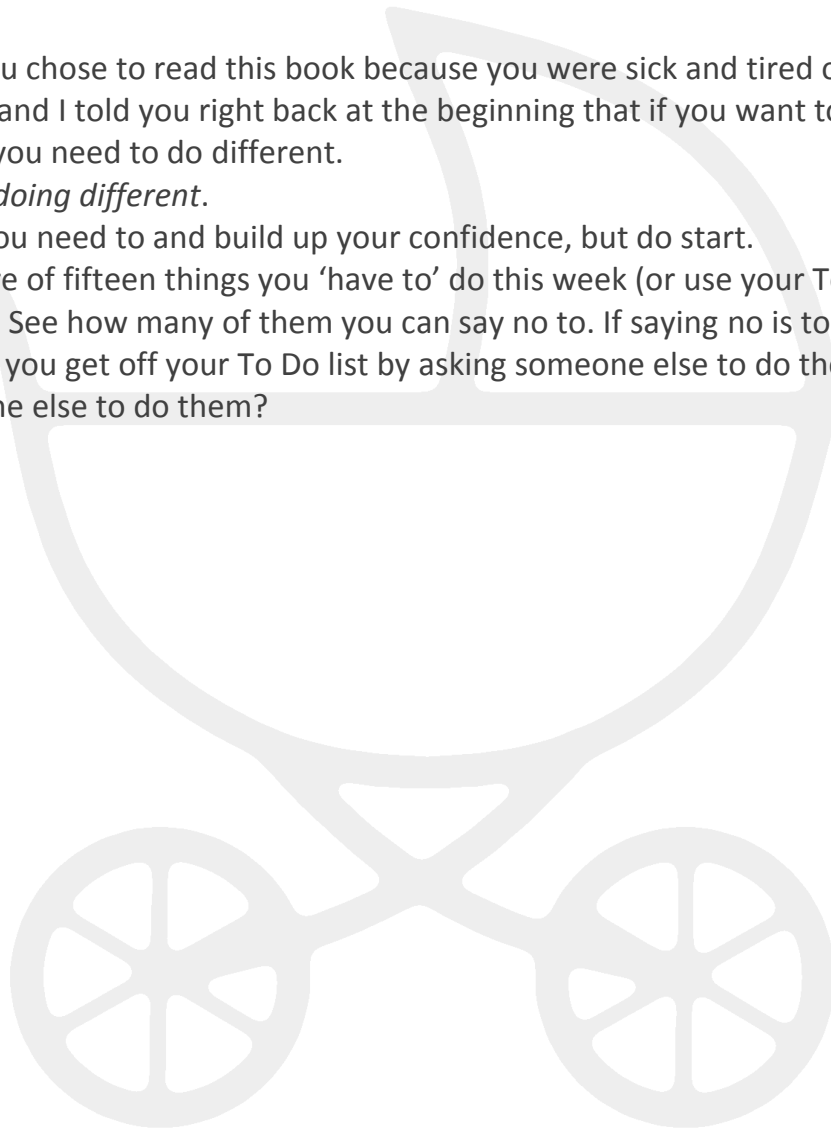
It doesn't mean you are selfish. It means you are prioritising properly. You are prioritising your energy and your health. If it's that important to them, they will find another way.

Remember: you chose to read this book because you were sick and tired of feeling sick and tired, and I told you right back at the beginning that if you want to Feel different you need to do different.

So, this is you *doing different*.

Start small if you need to and build up your confidence, but do start.

Write a list here of fifteen things you 'have to' do this week (or use your To Do list from page XX). See how many of them you can say no to. If saying no is too hard, how many can you get off your To Do list by asking someone else to do them or by paying someone else to do them?



	To Do	Just Say NO	Ask Someone Else	Pay Someone Else
Example	Make cakes for the fair	Just say no!		
Example	Cook dinner		Takeaway Thai	
Example	Call Mother	Just say NO!		
Example	Clean the car			My son to do for \$5
Example	Polish presentation	It's good enough as it is		
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				



Action Step 2: Say Yes to Yourself –Pg. 89

Do something that is exclusively for you. Preferably something that feels really decadent, something luxurious, something that makes your soul sing.

Here are some ideas:

1. Spend the whole day in bed watching movies.
2. Sit the kids in front of the TV while you do a pilates DVD in the bedroom.
3. Dial out for dinner and use paper plates so there is no washing up.
4. Go to bed at 8.30 p.m. and read a novel that has been on your bookshelf for the past three years.
5. Book tickets for a show and get all dressed up.
6. Go to the movies on your own and see a movie that no one else wants to see but you really do.
7. Call a friend and go play that game of golf you have been promising for months.
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____

Whatever feels like relief or like fun, do it! This is about you pleasing you. If other people don't like it, that's their reaction and it's none of your business. They don't have to like it. The important thing is that on a number of levels it pleases you.



Action Step 3:

Inspiration to Not Be a Pleasing Machine –Pg. 89

A while ago I watched a Jonathon Ross interview with the incredibly talented singer Adele. It was an old interview from early 2011, when she was enjoying great success but just prior to being launched into the superstardom stratosphere. At this point, I had only ever heard her songs on the radio (and sung along enthusiastically but badly), but never even seen what she looked like let alone heard her speak.

Well. When I saw this interview, I was just blown away by her sheer authenticity. She shone. She was funny. She was a bit rude. She was 100 per cent, unapologetically, herself.

Adele is the antithesis of the manufactured pop star. She's not skinny with perfect teeth and a honed dance routine. She is just a north London girl with an astounding voice, raw song-writing ability and an incredible way of wearing her heart on her sleeve. She is quite literally What You See Is What You Get (WYSIWYG). I just loved her.

I think Adele is the poster-girl antidote to people pleasing. Her WYSIWYG will not appeal to everyone. She doesn't care. She is 100 per cent herself anyway. Is she on a diet? No. Is she speaking in politically correct sound bites? No. Has she put on a posh accent? No.

In fact, the less she tries to people please and the more she is herself, the more people love her. Not everyone. But the ones who love her, love her even more. I honestly think more of us could do with taking a leaf out of Adele's book.

Some people will not like that. But that's okay. Life is not a people-pleasing competition. It is, to quote the fabulous American poet Mary Oliver, your 'one wild and precious life'.

We were not put on this planet to be pleasing machines. We were put here to be true to ourselves, and to let our own unique talents, needs and passions shine. To live our one wild and precious life to the full. We can only do that by being more of who we truly are, not less.

More of who we are – absolutely and unapologetically.

Dare to be more of who you are this day. Say no to something. Do something unexpected that surprises or pisses off a few people but makes your soul sing. That's your assignment. That's why you are here. And the people who really matter will love you more for it. Trust me.



Action Step 1: Identify the Emotion –Pg. 92

Okay, so what are you actually feeling? For someone who has been habitually dodging their emotions for a long time, sometimes a lifetime, that can be a big first step forward in itself. Many women were brought up to believe that it is somehow unfeminine to express 'negative emotions', especially anger. It's very common, and I see so many clients who believe that the only emotion they are allowed to express is 'positive'. This fake positivity, or 'Pollyanna' as I call it, does us no favours at all, because the real emotion is still there, lurking under the surface, leeching energy to keep it hidden. My massage therapist, Trish, describes it as 'issues in the tissues' – she can literally feel all that stored emotion in the knots in the muscles.

This thing about 'positive' and 'negative' emotions is bull anyway. Emotions are not positive or negative, they just are. They are valid in their very existence without being defined by a polarity. It's like the weather. Thunder is just as valid a weather state as sunshine. It's not a negative weather state. And we need rain as much as sun to make the world a habitable place. Both are equally important.

I agree with author and life coach Martha Beck's wise view that there are four emotions. She expands on this in her amazing book *Finding Your Own North Star: Claiming the Life You Were Meant to Live*. Basically at any one time we are feeling one of four emotions:

- mad (anger . . . anything from mildly irritated to raging fury)
- sad (sadness . . . ranging from upset to distraught)
- glad (joy . . . from contentment right through to ecstasy)
- scared (fear . . . from worried all the way to petrified)

I instruct emotion-dodgers to start getting in touch with their true emotions, without judgement. Just start noticing what you are truly feeling, just like you would notice the weather. Without judgement. Is it sunshine or snow? Is it annoyed or is it content? You don't have to do anything different yet if you don't want to, but at least start being honest with yourself. Ask yourself in the moment: What am I feeling right now? Am I mad, sad, glad or scared? It's one of the four. Put a label on it. Try to do this a dozen or more times a day. Buy a packet of stickers – green dots, red stars, whatever – and then put one on the bedroom mirror, one on the kettle, one on the dash of your car, one on your phone, one on your computer. Whenever you catch sight of a sticker as you move through your day that's your reminder to ask yourself:

What am I feeling right now? Am I mad, sad, glad or scared?

Give your feeling a label. See also if you can feel it in your body. The rush and tension of anger feels very different from, say, joy, which feels noticeably light in the body, which is different again to either sadness or fear. It's called a 'feeling' because that's how we process it, physically – we feel it in our body. So, go ahead. Feel it. It won't kill you. Don't be afraid. There is no feeling so bad you can't stand it. Feel it and let it move through you. Release it. Feel your energy releasing back at the same time.

What am I feeling right now? Am I mad, sad, glad or scared?



“By choosing to actually own your true emotional state and feel it, you will need fewer power reserves to keep it all hidden, and your energy levels will start to recover.”

Louise Thompson



Action Step 2: Own Your I –Pg. 93

Once you have gotten better at defining exactly what emotion you are feeling, have a go at owning it fully. Transition from speaking in the second person, 'you, you, you', to speaking in the first person, 'I'. Own your 'I'. Have a practice here with something small. Start getting used to owning your own emotional response to events.

I am choosing to (walk the dog/email the CEO/go to the dry-cleaners) _____

today and I feel _____ about it.

Have a go at another one:

This lousy thing happened in the last month _____

and I feel _____ about it.

I also feel _____

and would have preferred _____
to happen instead. I would have felt _____

_____ about that.

And this one:

This awesome thing happened to me yesterday _____

(on my birthday/Christmas/in the queue for the bus) _____

It was a very cool thing. I felt _____

_____ about it.



Action Step 3: Lean In –Pg. 95

In the introduction to all my Beginner Yoga Courses I outline to the new students how to look after their bodies, and I always say that ‘we do not work with pain’. We do, however, ask them to move their body in a way it is designed to do, with tried and tested asanas that are thousands of years old. Their bodies may not have moved like this for decades, and it may feel odd, unusual or uncomfortable. But that’s how we stretch and grow. When we breathe into that feeling of ‘uncomfortable and odd’, we start to relax. If it’s truly painful, however, they should listen to their body, stop and practise an alternative asana.

What if life worked in the same way? What if as soon as something got painful we could just say stop and be given something easier?

We all spend life (both consciously and unconsciously) moving away from pain and towards pleasure. That’s basic human nature. Some pain is avoidable, so we avoid it. Most sensible! Some pain, however, is just not – there is no easier option. We suffer great losses and disappointments that are going to be a part of our lives however much we wish they weren’t. It’s how we learn to deal with this sort of unavoidable pain that allows us to stretch and grow as people. There is a big difference between moving through pain and dodging pain. Pain is an essential part of the healing process if we will let it be so.

How we stretch and grow in the asana ‘Warrior’ is by leaning into the stretch, in a controlled way, in a safe environment, and each time it gets that little bit easier. Just a little. And the next time a little easier still. And then, we stop and we move on and we focus on another asana. Then, when it’s time for Warrior in the next class, we once again lean into that stretch and again it’s a little bit easier. Over time we can learn to be truly conscious while we are in it, to relax, breathe and appreciate it fully, regardless of the sensation our body is experiencing, knowing that it is doing good things for our bodies.

Leaning into unavoidable pain and grief is much the same process. If we try to avoid it, do not acknowledge it, try to deny its existence, it will always be there: a part of us that never gets any easier. We consume a huge amount of energy keeping it hidden. This may feel like the least painful option at the time, but, in the long run, it’s much harder. It’s the hip surgery that will be needed down the line, which could have been prevented with regular stretching. If we are brave enough to acknowledge our pain and our losses, and lean into them, we will move through them more easily. The purpose of grief is to help heal our pain, so by leaning into it we allow the mechanism that Mother Nature gave us to do its slow but magical healing work.



Action Step For Story Fondlers –Pg. 99

Stop fondling. Stop referring to yourself as someone with fatigue. Stop labelling it 'my chronic fatigue' or 'my adrenal fatigue' like it's a favourite handbag. Stop talking about it full stop. Stop using it to elicit sympathy or attention or get stuff done for you. Stop talking and start *doing*. Do the exercises in this book. Start behaving differently in the world. Start changing stuff. Act like the energetic person you want to be. Change the job, the boyfriend or the living arrangement that's bothering you and move on.



Action Step For Fire Fleers –Pg. 100

Stop fleeing. Acknowledge that there is something going on and something you are avoiding. Stay still and *stop doing* and changing things for long enough to work out what you are feeling. Name the feeling. Are you mad, sad, glad or scared? And about what? Stop being a boozehound, smoking, taking drugs, working out like a maniac for long enough to actually figure out what's real for you. Feel that feeling in your body. Cry, be mad, whatever, it's all good. But *feel* it.



Action Step 1: Get Clean with Yourself –Pg. 101

Get clean. Dig down and find the truth. Come on now, be brave. I'll hold your hand.

1. A situation in my life where I am not being completely honest is _____

I pretend that _____

when, in reality, deep down I feel that _____

2. Another situation in my life where I am not being completely honest _____

pretend that _____

.....

3. Another situation in my life where I am not being completely honest is _____

I pretend that _____

when, in reality, deep down I feel that _____

Well done. These are hard things to admit. Allow yourself to sit with that truth. Don't force yourself to do anything right now. The awareness of integrity dissonance is a great first step.



Action Step

Get Clean with a Compassionate Witness –Pg. 102

You don't have to tell anyone about the above situations, if it doesn't yet feel right. Move at the speed that feels right for you. As with all tools in this book, I urge you to go with those that resonate the most with you. However, I have seen the healing power of this next step, so I put it here for you to consider.

Find a compassionate witness. Share your truth with someone. Talk to a close and discreet friend, or hire a compassionate and confidential witness, a coach like me or a therapist. Just talking through your truth and letting all those words that you have kept hidden tumble out can be remarkably healing in itself. Release that which is hidden and let your energy levels rise as you no longer require the same drain of energy 24/7 to keep it buried.

How nice. And how exhausting. Understand that nothing is ever as perfect as it looks. Accept that this version of perfect comes at just too high a price. Let's get something more real happening. Something achievable that feels like progress not perfection.

What would feel like a liveable, doable version of the above?



Action Step 2: Don't Compare –Pg. 105

Don't compare your day-to-day life with someone else's showreel. You will lose. Who do you know who has 'the perfect life'? Who behaves perfectly?

List them:

1. _____
2. _____
3. _____
4. _____

How many did you get? Any? Know this: none of these people are perfect even if you may think they are or some aspect of their life is. From the outside other people look much shinier and more perfect than it feels for them on the inside. Right now someone is probably thinking some aspect of you or your life is perfect. What do they know, right?!

The trouble is, we compare our insides with someone else's outsides. We compare our day-to-day existence with their show reel, where their makeup is flawless and they have just stepped out of the salon. This comparison ensures we feel inadequate, which is perfect ammunition to push ourselves a little harder. Remember, fatigue is not something you catch, it's something you do to yourself. And it's exactly this sort of thinking that perpetuates it.



Action Step 3: I Love That About Me! –Pg.106

There is a technique in psychology called ‘reframing’. Basically, you take a situation that makes you feel bad and learn to think about it in a more positive way. Reframing sounds dull. I prefer the game of ‘I love that about me’.

I read a blog post a few years back, written by a fellow Martha Beck life coach named Jeanette Maw, which really resonated with me. The gist was that she is really lax at picking up her voicemail messages, getting to them weeks later when there are dozens of really out-of-date messages. Her partner was nagging her to be more efficient and to clear her messages promptly. As someone who guiltily, inexplicably but consistently avoids my voicemail, I related instantly. Her response though, was the exact opposite of mine. Whereas I would agree with my husband that, yes, I should get onto that and be more efficient, get it done, implement some ‘perfect’ system where I clear it twice a day, getting back to people promptly, Jeanette said, ‘Are you kidding? I love that about me!’ Instead of seeing the need to change to be more ‘perfect’ she saw it as a character trait, a loveable quirk. Why the hell would you want to change that?! Good point.

Now I can see that these things that I resist are much better looked at not as evidence of my ‘imperfection’ but as a celebration of the uniqueness of me! Instead of feeling stupid that I can’t park within a bus ride of the curb, I love that about me. It shows my vulnerable side instead of my usual fierce independence. I have limited spatial awareness and that’s just fine. My ineptness is a source of amusement for me, my husband and friends, and I don’t have to try to be perfect at it at all. God, that’s a relief. It’s so relaxing. And energising. I am officially utter crap at parking – and I love that about me!

So, what do you want to be more perfect at? List them here:

1. _____
2. _____
3. _____
4. _____
5. _____

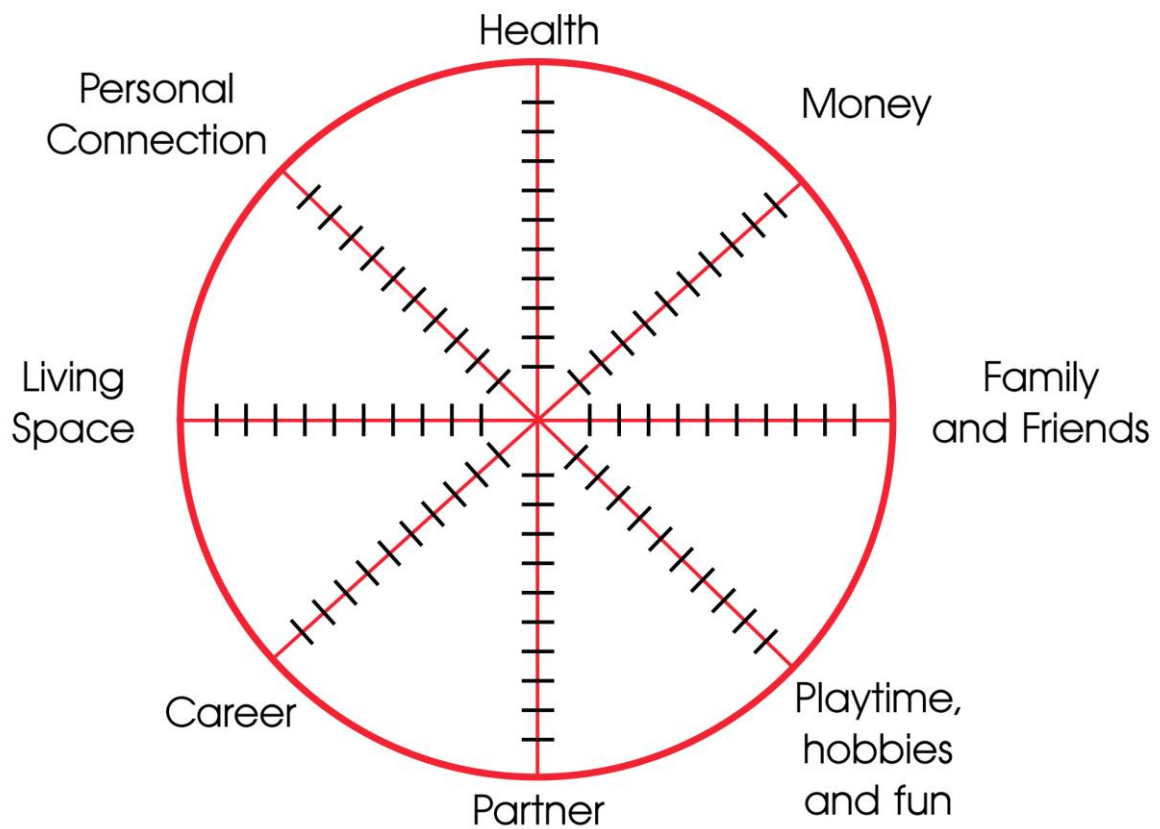
Great. So, how about stopping trying to be perfect at those things? How about accepting that it’s just not your bag? How about reframing it? ‘I suck at ironing /navigating/computer knowledge/running – and I love that about me!’ It’s what makes you unique and special. Perfect is boring. And so 1985. Switch it up, baby.



Action Step 1: Take an Inventory –Pg. 111

Rate your satisfaction (1 being this part of my life sucks and 10 being this part of my life totally rocks) in the different areas of your life-based on the wheel below. Please join the dots and have a look at the overall picture and balance of your life. How does the balance of your life look? Are you investing too much of your sense of identity in one area?

Life Satisfaction Scores





Action Step 2: Who Are You? –Pg. 111

If you take away your job, who are you? Complete the exercise below without mentioning your primary occupation. You may find this exercise hard, but please dig deep until you have at least three things in each category. You can list as many as you like, but no fewer than three.

What are you good at?

1. Physically? Practically? What can you build, create or fix? What can you do or achieve physically? What physical features do you have that are pleasing?

2. Intellectually? Academically? What comes easily to you? What's easy to do or remember or learn or participate in?

3. Socially? What are your most connected relationships? Who are you when you are with these people? What do they see?

What else is fabulous about you?

5. What are your three greatest accomplishments?

6. What are your greatest strengths?

7. What makes you special?

You are a fabulous human being with amazing and unique skills, qualities and characteristics that make you uniquely you, and you are so much more than your job or your valuable role in the family. Good to know, right?



Action Step 4: Back It Up –Pg 114

This is one of my all-time favourite exercises. I use this a lot when I lead management training workshops and so on.

When you are next in a group (say five or more people), whether that's at Sunday lunch, the mothers' coffee group or in your team meeting, suggest this game as a team builder and bit of fun. It's super easy and very revealing.

All you need is some A4 paper, some felt-tip pens and some sticky tape.

Give everyone a sheet of paper and a pen. Get each person to stick a piece of blank paper on the back of the person to their left so everyone has a sheet attached to their backs.

Then ask everyone to write down something positive about each person on their backs without telling them what it is. Just write a positive statement – do not include your name. It's anonymous feedback. I always set up the exercise by stating that if you can't think of one positive thing to say, then that says much more about you than it does the person you are writing on! Also, it doesn't matter if you have only just met, you can still observe 'good manners' or 'great taste in shoes' or 'smiley'.

Everyone then moves around the room writing on each other's backs until everyone has a positive message from each person on their piece of paper.

Next, take off your piece of paper and read it. If people would like to share, then be open to that. Also be open to those who want to keep it private.

I have found this to be unbelievably revealing. Seven or eight one-word statements usually have a really common theme. See what you learn from yours and what it says about you as a person – both in your primary role and as a person in general.

What is the balance and overall theme of the statements?

What can you learn from this snapshot?



Action Step 5: Balance the Wheel –Pg. 114

Okay, so if your wheel from Action Step 1 (page 111) is out of balance – and, let's face it, you would not be reading this book if it wasn't – it's time to do something about it! Look at the two lowest categories from Action Step 1. What are they?

Lowest Category 1: _____

Lowest Category 2: _____

List here three small actions you could take, however tiny, to improve your scores in these categories this very week.

Lowest Category 1:

Action 1. _____

Action 2. _____

Action 3. _____

Lowest Category 2:

Action 1. _____

Action 2. _____

Action 3. _____

Do it! Do it, soldier. As I have said all along, if you want to feel different, you need to Do different. There really is no time like the present and no one is going to do it for you. Bringing more balance to your life creates the right conditions for your body to create and release energy. Get to it!



Action Step 6: Corporate Reality Check –Pg. 116

This is one specifically for those of you who are slaving away in a cubicle and still believe you are your job. Guess what? The corporate cares about you a lot less than you care about it. Sorry, my friend, but that is true. The business could make you redundant tomorrow without losing a beat, even though you have been there for donkey's years and are really important and have done great work. You are investing too much of yourself in a thing that isn't your thing. I know you think it's your thing. But it isn't. Not really. Are you a major shareholder? No. Well then it's not 'your' thing. It's someone else's thing. You, honey, are just the labour. I'm afraid that's the cold, hard truth of the matter.

But this doesn't mean you haven't got a 'thing'. You have. Your thing is your life! And guess what? It's been patiently waiting while you pour all your time, energy and attention into someone else's thing. Log out, walk out and call a friend. Start embracing that there is much more to life than the job. We just need to make space for it to flourish.



Action Step 1: Uncover Your Childlike Beliefs -Pg. 120

When I was a child I knew that I must _____

When I was young safety meant _____

The young me thought happiness was _____

In my family anger was _____

My mother thought it was important to _____

My dad thought I was a good girl if _____

I remember thinking it was important to _____

I would be in trouble when _____

Now, see which of these deep beliefs may be driving unhelpful, energy-zapping behaviour today.

Believing _____
makes me do/say/behave/act _____

Believing _____
makes me do/say/behave/act _____

Believing _____
makes me do/say/behave/act _____

Believing _____
makes me do/say/behave/act _____

Believing _____
makes me do/say/behave/act _____

Believing _____
makes me do/say/behave/act _____

Believing _____
makes me do/say/behave/act _____

Wow. Okay, so you don't have to believe all that if you don't want to. Look at what is helpful and appropriate for this stage in your life. You may want to revise or completely change some of these beliefs to be in alignment with the grown-up, independent person you are now, and with the life you lead.

Write some more helpful beliefs that are in alignment with the adult you right here:

I think that _____

and it's important to _____

I believe I _____

Now. Decide. You are an adult. Which of these sets of beliefs do you want driving your life? That's right. It's your choice.



Action Step 2: Digging out Beliefs –Pg. 122

If you are finding this tough, then I highly recommend you check out the work of an amazing spiritual teacher called Byron Katie, who has a technique for analysing limiting beliefs that is nothing short of miraculous. It's called 'The Work' and you can find it at www.thework.com



Action Step:

Recognising Your Adrenaline Junkie Behaviour -Pg. 124

Times when I intentionally create pressure and stress in my life are:

What could I choose to do differently here?



Action Step 1:

Notice the Thought That Pulls You Down -Pg. 126

Awareness is everything! Notice whether it's a thought that attributes your success to an external factor or your failure to something internal. Realise this thought is not necessarily true.

Write your thoughts about your successes, e.g. 'I just got lucky': _____

Does this attribute your success to something external? If yes, then try to find another reason you were successful that is due to something internal, e.g. 'I worked really hard and I had that brilliant idea about raising customer service that worked really well':

Try another one. Your thoughts about your successes:

Does this attribute your success to something external or internal? If external, find another reason you were successful that is due to something *internal*:

Write your thoughts about your failures, e.g. 'No wonder my marriage failed, I am so mean sometimes':

Does this attribute your failure to something internal? If yes, then try to find another reason things did not work out that is external to you, e.g. 'We both tried really hard but in the end we were just not a fit, we had grown apart':



Action Step 2: Rave Reviews –Pg. 127

Be aware of all your successes. What have you done particularly well? Who rates you? What words of praise or emails of thanks can you reread? Focus on hard evidence of your skills and attributes. Make a 'Rave Reviews' book, collecting all the words of praise and encouragement you have received, either a virtual one in a web-based application such as www.evernote.com or get a big art book from an art store and paste in copies of letters, cards and words of praise you can remember. Add to this whenever you receive a compliment. Read it frequently, especially before first dates, interviews or a big pitch.



Action Step 3: Believe the Hype –Pg. 127

If someone has asked you to do something or promoted you, then it's because they have no doubt you are up to it! Believe in their judgement – it may be far more accurate than your own. When you put yourself down you are undermining their good opinion, which is rude to say the least! Consider the possibility that they can see something special in you that you can't see yourself.



Action Step 4: Play with the Boys –Pg. 127

The funny thing about Imposter Syndrome is that it is much more prevalent in women than in men. Make some time to observe how the boys tend to roll: how they shrug off things that do not go well and how they fully own their successes. It's a much more confident way to live.

Which confident men in your life can you observe? Play a game at the next dinner party, ask three of the men how they became successful. Listen and learn from the responses. It's highly likely the man will say his success is due to his own self-efficacy. Listen, learn and see what turns of phrase you might want to adopt.



Action Step 5: Seize the Day –Pg. 128

Believe in yourself. Step up. Listen to the evidence of your awesomeness, not the sneaky imposter whispers. Read your Rave Reviews book to fire you up. Step into your own power. Go grab some new opportunities with both hands and rock it out!

What would you do if you knew you could not fail?

Now, go do that.



Action Step 2: Question –Pg. 137

Be aware. Check whether the thought that pops into your mind from a place of scariness or scarcity is actually just your Inner Lizard chattering away. It's not you. It's not smart, capable you. Examine the thought consciously for validity before reacting to it.

Ask yourself:

Is that true? _____

Is that fear even real? _____

Is that happening now? _____

Is there any actual hard evidence that I can hold in my hands for that view? _____

So what? Does that even matter? Really? _____

What's the worst that can happen? _____

Is that really that bad? _____



Action Step 3: Desensitising and Discernment -Pg. 137

Be more selective in terms of the mind fodder you give to your Inner Lizard. Become a discerning consumer of media. By cutting back on the amount of Lizard food that goes in, your physiological reaction will change. So, put your Lizard on a media diet. Trim down the number of publications you read and programmes you watch, especially the sensationalist stuff designed to push your fear response.

Learn some media discernment. There are some publishers and broadcasters who are more about fact, analysis and news than blatant Lizard-stimulating sensationalism. Work out who they are. Get the news in a way that leaves you informed but not in a state of physiological panic.



Action Step 4: Separation –Pg. 138

This is a Martha Beck tool from her brilliant book *Steering by Starlight: The Science and Magic of Finding Your Destiny* and I just love it. It's the smartest way I have found to help clients separate that voice of scariness and scarcity in their heads from their own voice; to see their Inner Lizard as separate from themselves and as distinctly 'not me'.

What I want you to do, today, is buy yourself a visual representation of your Inner Lizard. It can be a ceramic ornament lizard, it can be a plastic children's toy lizard, it can be a sparkly brooch lizard, a lizard key ring. My clients turn up for 'show and tell' with all sorts of weird and wonderful physical embodiments of their Inner Lizards. I don't care where you get yours. Just do it. Seriously. Go do it. I'll wait.

Okay, good. So now I want you to name your Lizard. You will know what name suits it. My Lizard is called Lenny. It can be a boy Lizard or a girl Lizard. Again, you will know.

Now, I want you to be able to talk to and make friends with your Lizard. When you recognise a fake fear, scary or scarcity message from your Lizard, recognise it for what it is and lovingly tell your Lizard that there is no real drama, you've got it handled and he/she can go back to sleep. Over time the Lizard gets more and more relaxed and that continual descent into fight or flight will reduce. Energy goes up! You can even say these conversations out loud if you need to. I might say to Lenny, who is squawking away about me being late for something and how that means everyone will be disappointed in me and I am letting them down, 'Lenny, thanks for sharing, but, you know, it's only half an hour and I'll text and let them know. It's fine, I've got this handled, go back to sleep.'

Do not skip this step. I know you will be tempted to, but don't. Having a physical representation of your Lizard is mission critical to improving your energy levels and achieving a low-anxiety, happy life. Buy. A. Lizard. Today. Or order one online. Today. In order to tame your Inner Lizard you need to name it. And to name it you gotta go find it so you can see it as separate from yourself, so you can see its voice is not you. Just trust me on this, okay?! My clients are routinely blown away by the power of this tool and the almost immediate reaction of their everyday stress levels.



Action Step 5: Racing Brain –Pg. 140

If this one doesn't apply to you then skip it, but it's a common occurrence with around thirty per cent of my clients. If you sometimes wake up in the very early morning with 'racing brain', feeling noticeably panicky before you even get out of bed, then you need to be aware that your Inner Lizard has been rampaging during the night. You are in fight or flight response when you are in bed! There is no clear and present danger at the immediate moment. Understand that it's your Lizard running the show and setting a very bad tone for your day. So, talk to your Lizard, just as described above. Let him or her know there is nothing to be in a panic about, all is well and anything that comes up during the day you will handle; you are smart and capable. Tell him to please go rest and you will take care of things. Then fight the impulse to leap out of bed immediately. Lie there for another three minutes doing your yogic breathing technique (see page 152 or, even better, listen to the audio that you can download from my website, www.louisethompson.com). Calm your Inner Lizard and reset your physiology from fight or flight to rest and digest. Let the calm flow across your body. Start your day from this place of calm rather than the Lizard place of generalised anxiety. Make this a habit and see how much better you feel throughout the day.

You can also use this technique at bedtime to help you sleep. Don't skip it. Trust me! This tool will instantly relieve the stress in your life. Find your Lizard. Name it. Tame it.



Action Step: Make Change Happen –Pg. 146

Print out the Lifestyle Cheat Sheet from www.louisethompson.com and start putting the above into action today. The Lifestyle Cheat Sheet is an easy checklist form for you to make this change happen now!



Action Step 1: Complete the Questionnaire -Pg. 149

If you haven't done so already, take Dr Wilson's comprehensive Adrenal Fatigue Questionnaire. You can find Dr Wilson's questionnaire in the Appendix at the back of the book and in the back of this workbook.



Action Step 2: Use Supplements -Pg. 149

If you wish to order supplements, visit www.louisethompson.com for instructions. Targeted supplements are my preferred option as all the work has been done for me and the exact blend of what my body needs to heal is right there. All I have to do is remember to take them three times a day and that's it. Ba-da-bing.



Action Step 3: Make Your Own -Pg. 149

If you are more of a DIY person and wish to create the precise blend of support your own body needs for accelerated healing and energy promotion, then start with the excellent book *Tired of Being Tired: Rescue, Repair, Rejuvenate* by Jesse Lynn Manley and Nancy Deville.



Action Step: Take a Nap –Pg. 150

Next time you are tired, I want you to stop and rest and nap right there if you can. Leave the dishes unwashed – your body is more important than a clean house. Just go and nap on the couch for fifteen minutes. If you are at work, close the office door and just stop for a few minutes. If you can do so discreetly, close your eyes. If it's not possible, make a promise to yourself you will have some downtime when you get home, and stick to it. If it's the weekend, just go lie down for fifteen minutes and take a nap. Napping is glorious and recharging. Listen to your body, it's telling you what you need.

Detail your progress below.

Today I noticed my body felt tired when _____

and I chose to embrace the doing of non-doing and honoured my body by _____



Action Step: Time for Yoga Nidra –Pg. 152

Join a yoga class with a good yoga nidra session or commit to listening to my audio for ten minutes every day. Make yourself comfortable and enjoy the benefits of this deeply restorative ancient practice.



Action Step: Practise Breathing –Pg. 155

Practise your yogic breathing technique, either from the book or the guided audio. Commit to at least six minutes each day: three minutes when you wake up, three minutes when you are going to sleep.

This is easily one of the most powerful tools you can learn to improve your energy. It's using thousands of years of wisdom and it works – you can feel it working. Go do it.



Top Ten Fatigue Phrases –Pg. 158

First, write down your Top Ten Fatigue Phrases right here. These are the thoughts you think most often about your energy levels and your life. For example, I am so tired/my head aches/my whole body is so tired/I'll never make it through the day/why do I feel so awful, etc

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Notice how you feel in your body as you think all of those thoughts. More energy or less energy? Make no mistake about it: these thoughts are keeping you tired. Your brain is programmed to find evidence or answers for your questions and statements. So every time you think that thought, you reinforce it. Also be aware that, in the case of extreme and continual fatigue, for many questions/statements there are no answers. No one really knows for sure (yet) what causes chronic fatigue syndrome or why it happened to you, etc. To be honest, there is no point repeatedly asking yourself these questions. The best medical minds in the world are beavering away, trying to figure out the answers. Asking yourself the same thing a thousand times a day is not going to get you the answer. It's a total waste of brain power and energy. So, ask yourself something that you can answer instead.

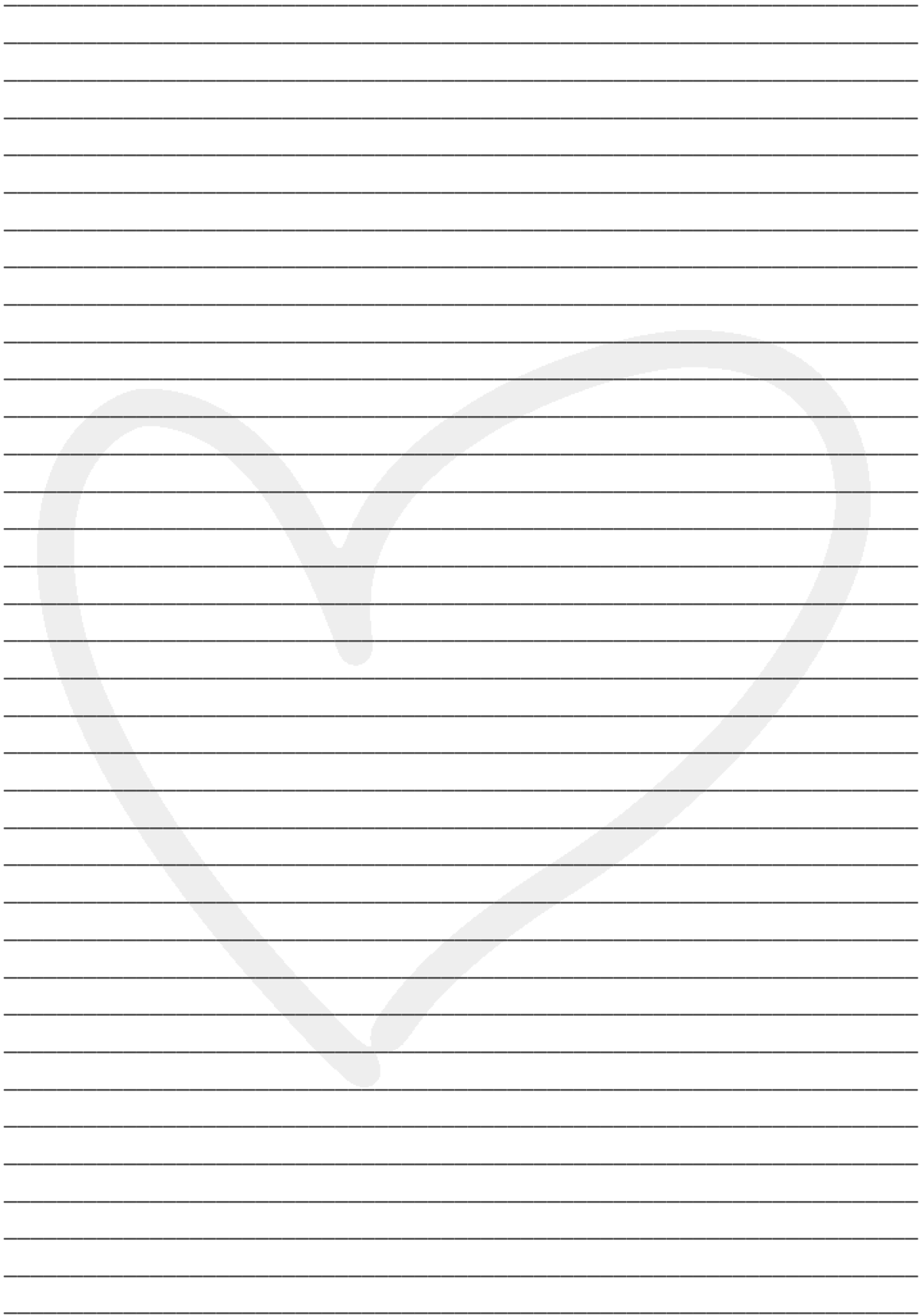


Top Ten Energy Restoring Phrases -Pg. 159

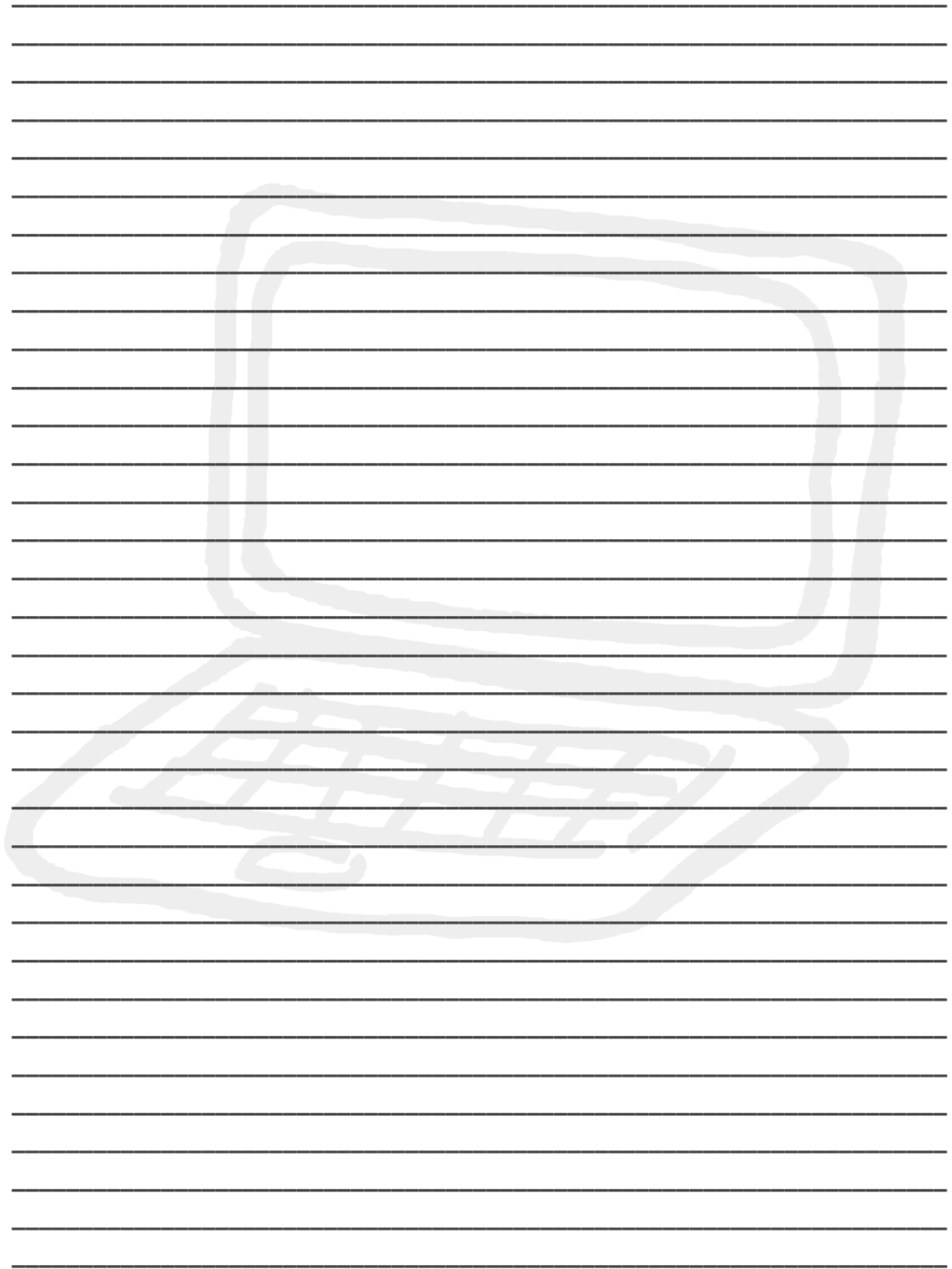
Ask different questions: empowered and positive questions. What are some more energy-giving questions that you could ask yourself instead? For example, which bit of my body feels okay right now? What have I accomplished today? What can I do today to show my body I respect it? What would feel good right now?

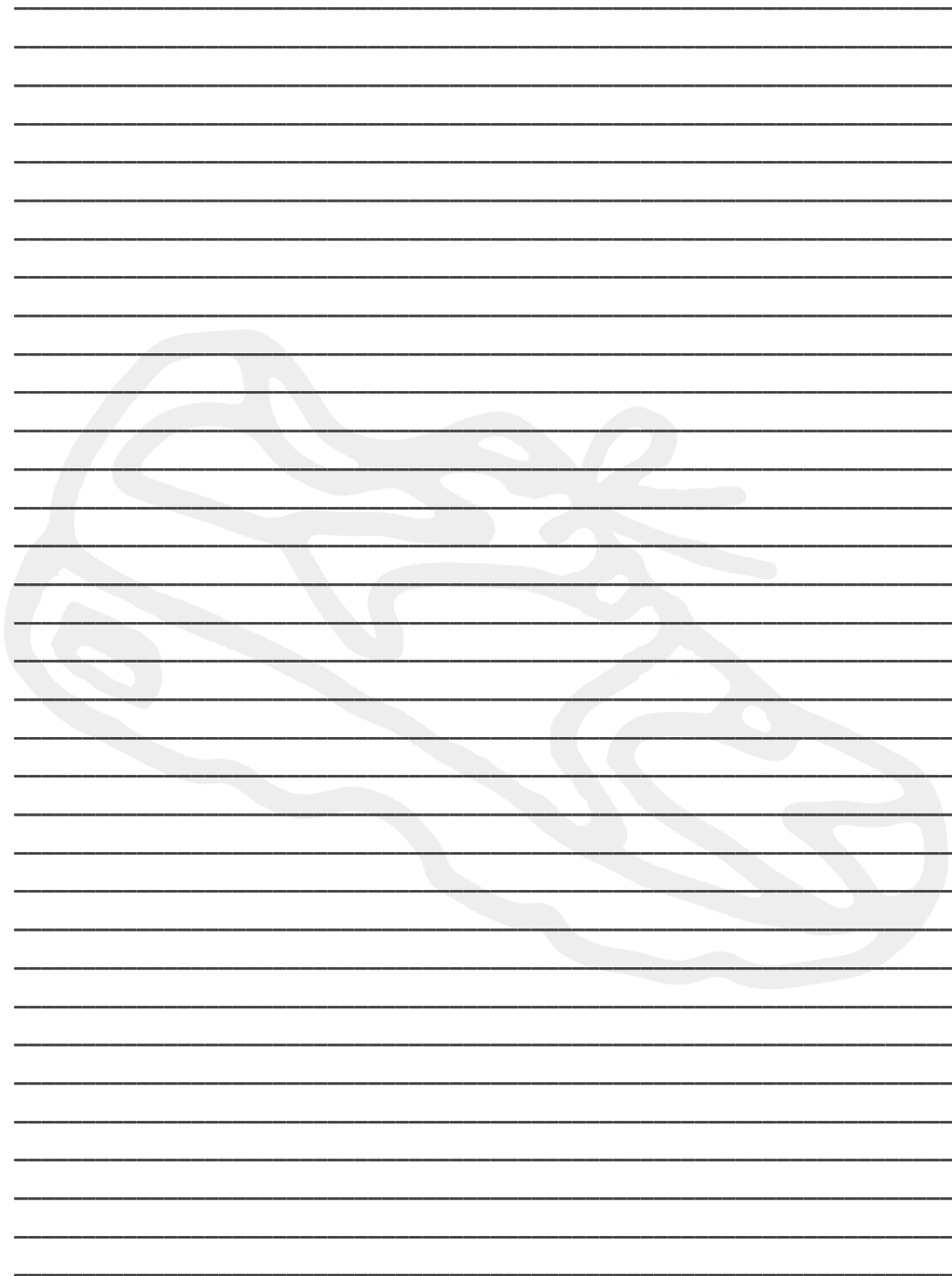
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Carving new thought ruts into your brain is time-consuming stuff. Your mind is used to travelling down the easy, well-cleared path that is your Top Ten Fatigue Phrases. You need to be very firm in deciding to start driving down the new path, and that is a choice you need to make dozens, even hundreds, of times a day. Whenever you hear yourself thinking those familiar thoughts you need to choose to stop thinking them. You cannot think two thoughts at once, so you simply need to replace the broken record with one of your new energy-giving questions. I say 'simply'; it's simple but it's not easy. However, this is essential work in creating a high-energy life and you need to start right now. This minute!











Action Step: Define Your Energy Boundries -Pg. 168

My energy boundaries at work are: _____

My energy boundaries at home are: _____

My energy boundaries with family are: _____

My energy boundaries with friends are: _____

My energy boundaries with house cleaning are: _____

My energy boundaries with parenting are: _____

My energy boundaries for self-care are: _____

My energy boundaries for exercise are: _____



Action Step I: Initial Relaxation –Pg. 172

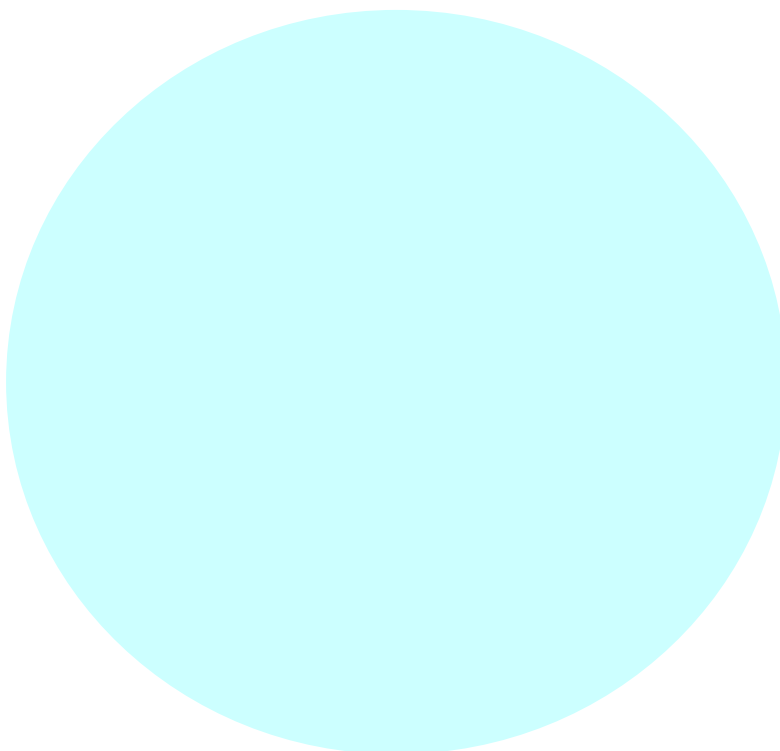
- Make sure you are somewhere warm and quiet, and preferably not too bright. Lie down and support your head with a cushion. Be comfortable.
- Start to breathe just through your nose. In through the nose, out through the nose. In through the nose, out through the nose. Feel your breath, feel it at the tip of your nose, feel how it is a little cooler as you breathe in, a little bit warmer as you breathe out.
- Start to slow and deepen your breath. Feel the belly gently rise as you inhale and gently fall as you exhale. Belly gently rises on the inhale. Gently falls on the exhale. Feel the breath slowing and deepening.
- This is your experience right now. The experience of your breath, the sensation of your belly rising and falling with each breath.
- When you pay attention to your body in this way, you are bringing your awareness to what is real for you right now. You are bringing your mind to the present. Your mind is focused on your experience right now.
- If the mind is wandering into the past or the future, gently bring it back. Inhale, belly gently rises; exhale, belly gently falls. Inhale, belly gently rises; exhale, belly gently falls.
- Be fully aware of the other sensations in your body right now. Feel the weight of your body against the floor. Feel how you are supported by the earth beneath you. With each exhale let your body gently sink a little deeper into the floor. Your mind remains focused on your breath. Feel the belly gently rise as you inhale. Gently fall as you exhale. Belly gently rises on the inhale. Gently falls on the exhale. Your breath is slow and deep.
- Know that you are connected to the present moment. In the present moment all is well. We have everything we need. Allow the muscles on your face to gently smile as you acknowledge the present moment moving through you.
- Feel the floor beneath you. Your body relaxing, sinking into the floor. Feel the weight of the body on the floor beneath you. Feel your heels on the floor, your calves, your thighs, buttocks, shoulder blades, back of the hands and arms, the back of your skull, all relaxing and sinking toward the floor.
- You are in the present. You are fully aware of the sensations of relaxation you feel right now. Your mind is meeting your body. They are together in present. All is well.
- Stay with your breath. Feel the temperature of the air around you. Where it is cooler, where it is warmer. Feel the weight of the body sinking into the floor. The gentle rise and fall on the belly as you breathe.
- Appreciate the energy and possibility in the present moment. Know you have everything you need, and that all is well.
- Choose to take this energy and intention with you through your day.



Action Step 2: Energy Commitment –Pg. 174

Be honest with yourself. How much of your headspace is given up to being in the present, and how much in the past or future? Fill in this pie chart to show your headspace.

Your Headspace Right Now



■ Past
■ Present
■ Future

Give a percentage. Draw it on this pie chart. Commit to increasing your percentage of present-moment time. When you are with loved ones, be truly with them in mind as well as body. Turn off your phone. Focus on the sensations in your body that you can feel right now. When you are at the bank, be at the bank. When you are playing with the kids, play with the kids. Be present. That's where your energy lives.



Action Step 1: Myers-Briggs –Pg. 176

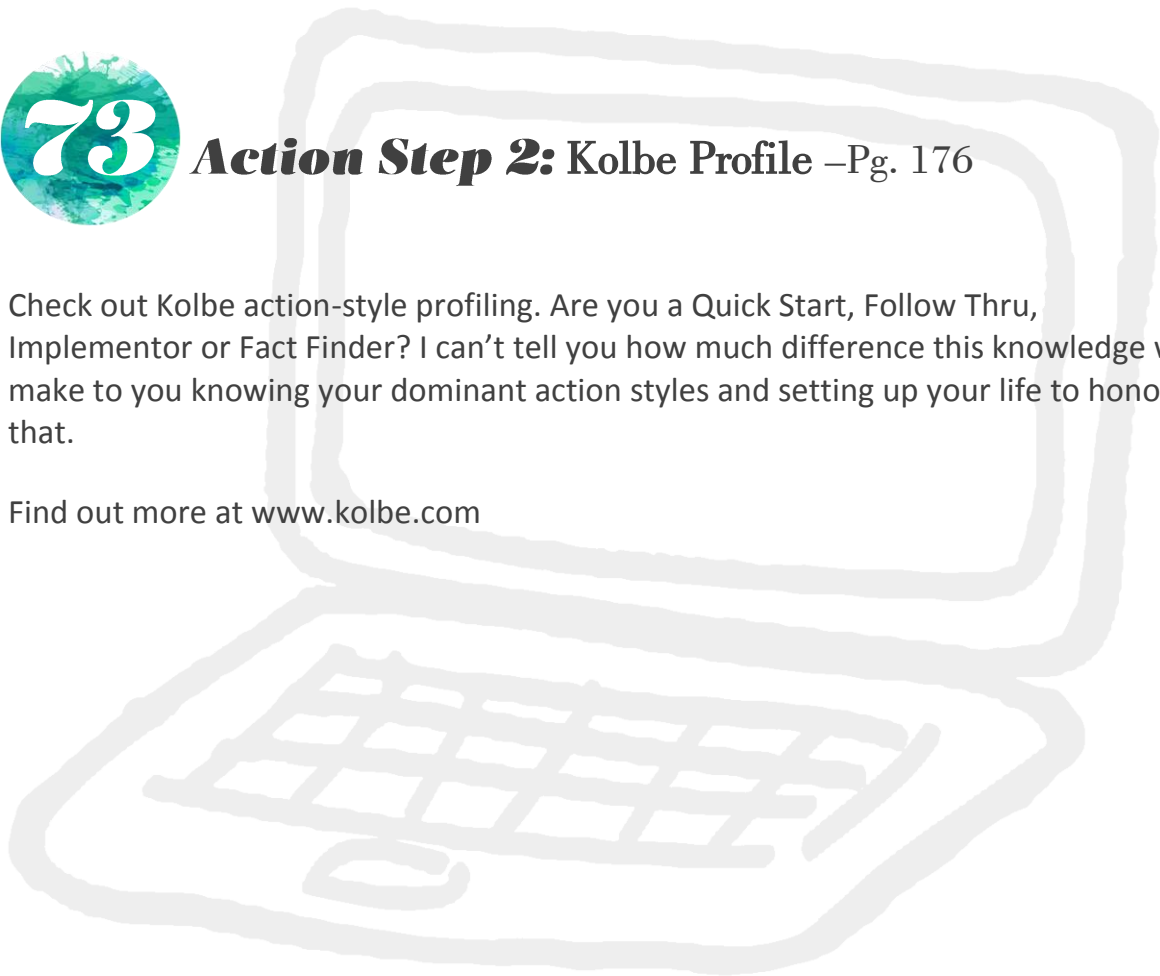
Check out Myers-Briggs Type Indicator online or find a qualified Myers Briggs practitioner near you. Think through where in life you are operating out of type. At work, for instance? Or do you have a spouse with a very different personality type to you? Figure this out, and work harder at honouring your true type rather than flexing at will to fit with someone else's culture/type. Work out when, where and how often to compromise, and when, where and how you can make life choices that honour who you really are.



Action Step 2: Kolbe Profile –Pg. 176

Check out Kolbe action-style profiling. Are you a Quick Start, Follow Thru, Implementor or Fact Finder? I can't tell you how much difference this knowledge will make to you knowing your dominant action styles and setting up your life to honour that.

Find out more at www.kolbe.com



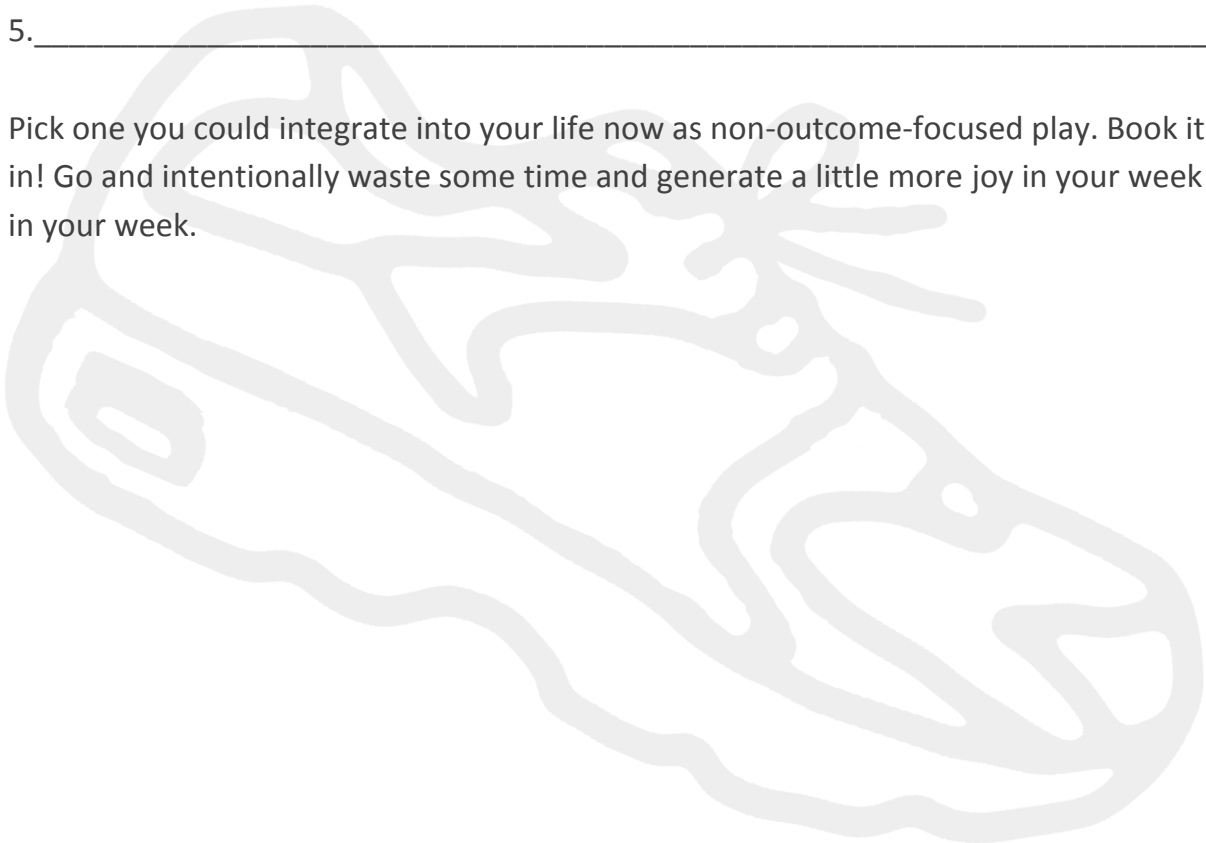


Action Step: What's Your Favorite Waste of Time? -Pg. 178

If you find yourself running mental loops about wasting time, it's my bet that you could do with reintroducing a bit of play to your life, too. Think back to something you loved to do as a child (baking, playing footie, making things, etc.) and try to introduce a related aspect of play into your week with no aspect of outcome attached. Play for its own sake. See that if you are in the moment and enjoying yourself then no time is ever really wasted. Things I loved to do as a child:

1. _____
2. _____
3. _____
4. _____
5. _____

Pick one you could integrate into your life now as non-outcome-focused play. Book it in! Go and intentionally waste some time and generate a little more joy in your week in your week.





When I Am Story –Pg. 179

Have a think . . . What When I Am stories are you telling yourself? You may have told them to yourself so many times that you can't even see that they are stories. Do any of these sound familiar?

- When I am thin, I will start dating again/dancing again/wearing skinny jeans.
- When I have paid off the mortgage, I will spend more time with the kids/start my own business/move to Tuscany.
- When I have more time, I will write that book/learn to surf/join the circus.

You can list yours here:

When I am/have (a) _____

I will (b) _____

When I am/have (a) _____

I will (b) _____

When I am/have (a) _____

I will (b) _____

When I am/have (a) _____

I will (b) _____

When I am/have (a) _____

I will (b) _____

You then have three choices:

1. Continue deferring your happiness with your When I Am story, sometimes indefinitely. Not recommended!
2. Say 'Sod it! I shall not defer my happiness any further!' And simply make the call, make the decision to do (b) and figure out how to make that happen.
3. Look at your story a little deeper . . . maybe you can have what you want but not in the way you may have expected.

Let's work on choice 3. Maybe the thing we are looking for is not actually dependent on us achieving state (a). Identify what the feeling state is that will accompany

reaching goal (c). It could be feeling confident or secure, for example. Use at least three words to describe your feeling state when you reach goal (a).

So, it could look something like this:

When I am thin (a) I will feel confident, happy and beautiful (c) and I will start dating again (b). When I have paid off the mortgage (a) I will feel secure, strong and in control (c) and I will start my own business (b).

When I am/have (a) _____ I will feel _____
(c) _____ (c)
_____ and
(c) _____
and I will (b) _____

When I am/have (a) _____ I will feel _____
(c) _____ (c)
_____ and
(c) _____
and I will (b) _____

When I am/have (a) _____ I will feel _____
(c) _____ (c)
_____ and
(c) _____
and I will (b) _____

When I am/have (a) _____ I will feel _____
(c) _____ (c)
_____ and
(c) _____
and I will (b) _____

When I am/have (a) _____ I will feel _____
(c) _____ (c)
_____ and
(c) _____
and I will (b) _____

Here's the thing. Your heart's desire is not the thing (b), it is the feeling state (c). What we are really ever after is how we will feel when we get the thing, rather than the actual thing itself.

So take your deferred carrot of happiness and think laterally and see what you can do right now to bring some of that feeling state you are after into your life now.

For example, I can introduce feelings of (c), (c) and (c) into my life right now by doing (d) (achievable thing).

'When I am thin I will feel confident, happy and beautiful and I will start dating again' becomes: 'I can introduce feelings of confidence, happiness and general beautifulness in my life right now by booking a new haircut/buying a great pair of jeans/having a luxurious bubble bath'.

Or

'When I have paid off the mortgage I will feel secure, strong and in control and I will start my own business' becomes 'I can introduce feelings of security, strength and control in my life right now by leaving work on time/delegating more/setting up my side hustle business two nights a week to see if I can run my own small business in a risk-free way.' (A side hustle business is one we start alongside our regular job from which we want to escape. This means we can do it with less risk, and grow it and build it until we are sure of its success and make the leap to quit the day job. It's a great strategy, and you can read more at the very smart Pam Slim's popular blog www.escapefromcubiclenation.com.)

I can introduce feelings (c) _____ (c)

and (c) _____
in my life right now by doing/organising/buying/talking to/finding and (d) _____

I can introduce feelings (c) _____ (c)

and (c) _____

in my life right now by doing/organising/buying/talking to/finding and (d) _____

I can introduce feelings (c) _____ (c)

and (c) _____

in my life right now by doing/organising/buying/talking to/finding and (d) _____

I can introduce feelings (c) _____ (c)

and (c) _____

in my life right now by doing/organising/buying/talking to/finding and (d) _____

I can introduce feelings (c) _____ (c)

and (c) _____

in my life right now by doing/organising/buying/talking to/finding and (d) _____

instead!



Action Step: Missing Out –Pg. 186

Consciously start reframing 'missing out' occasions. Try a few right here:

I sometimes feel I am missing out on _____
but I am going to choose to reframe that, as I realise I am not missing out at all! I
have consciously chosen _____

_____ instead!

I sometimes feel I am missing out on _____
but I am going to choose to reframe that, as I realise I am not missing out at all! I
have consciously chosen _____

_____ instead!

I sometimes feel I am missing out on _____
but I am going to choose to reframe that, as I realise I am not missing out at all! I
have consciously chosen _____

_____ instead!



Action Step 1: Get Out of Their Dance Space -Pg. 188

Identify whose dance space you are in and what you are doing for them.

I am in _____
dance space when I _____

I am in _____
dance space when I _____

I am in _____
dance space when I _____

I am in _____
dance space when I _____

I am in _____
dance space when I _____

Now, what can you stop doing to free up your time and energy? What are you doing, that you don't need to do, that could (or should) be done by someone else?

- Could your husband order the groceries online?
- Could your deputy at work take on some extra responsibility?
- Can you flick a particular project over to another department?
- Can each of the children make their own beds?
- _____
- _____
- _____
- _____
- _____
- _____



Action Step 2: Utilise Freed-Up Space -Pg. 189

Name three things you are going to start doing, now that you have this additional space.

1. _____

2. _____

3. _____

Identify it and do it. Remember: just because something has always been done one way (i.e. your way) doesn't mean it always has to be so. Sometimes just the fact that it gets done is enough. Progress not perfection, remember. Relinquish a little control and reclaim some time and energy.



Action Step: Priority-Setting Worksheet –Pg. 191

Professional and Personal Goal Setting

To be accomplished by (date): _____

	1 THREE things I can do in the next month that will move me towards this goal.	2 TWO things I can do this week that will move me towards this goal.	3 What is the ONE big benefit of this goal? How will I feel when I reach this goal?
Personal Goal #1	1. 2. 3.	1. 2.	1.
Personal Goal #2	1. 2. 3.	1. 2.	1.
Personal Goal #3	1. 2. 3.	1. 2.	1.
Personal Goal #4	1. 2. 3.	1. 2.	1.
Personal Goal #5	1. 2. 3.	1. 2.	1.
Personal Goal #6	1. 2. 3.	1. 2.	1.



Action Step: Say What You Mean –Pg. 196

Write a list below of ten ways in which you are going to Say What You Mean this week:

1. I need _____

2. I would really love some help with _____

3. I would really appreciate some extra _____

4. I want to _____

5. I will tell _____

6. I would like to choose _____

7. I am choosing to _____

8. Doing _____
is a real priority for me.

9. That's not acceptable, I need _____
_____ to happen to resolve this situation.

10. Sorry, the answer _____ to _____
_____ is no.

I have other plans that day.

Start small. Speak up with the accounts department and say when you would like the report and that you think that's a reasonable request; choose the restaurant that you really want to go to; take turns to pick the movie; say no to the party you don't really want to attend. I challenge you to Say What You Mean once a day to start breaking the habit of constantly deferring your own needs. It's a fascinating process. The first few times, you Say What You Mean with utter trepidation, waiting for the sky to fall. But the sky doesn't fall and, spooky, you actually start getting what you ask for much of the time! You'll find people like to please you for a change, and before you know it you will be accelerating way past the once-a-day challenge without prompting. Why? Because life becomes easier, more fun and less resentful when you own what you need to make you happy. You'll have more energy. Your partner will be happier because they can stop the guessing game of 'what will keep her happy'. Life becomes a whole lot easier all round.

Will you get what you want every single time? Absolutely not. Compromise is an integral part of a happy and balanced life. But you'll get what you want a lot more than you do when you don't Say What You Mean. Start embracing these four simple little words and the balance of life will start to shift in your favour immediately.

**Say
what you
MEAN.**

***Four little words that
will change your life!***



Action Step: Use the Naughty Step –Pg. 200

What change do you want to make? Where do you really want to say no in life where you have been saying yes?

I have been _____

when really I want to say no. What I want instead is _____

I have been _____

when really I want to say no. What I want instead is _____

I have been _____

when really I want to say no. What I want instead is _____

I have been _____

when really I want to say no. What I want instead is _____

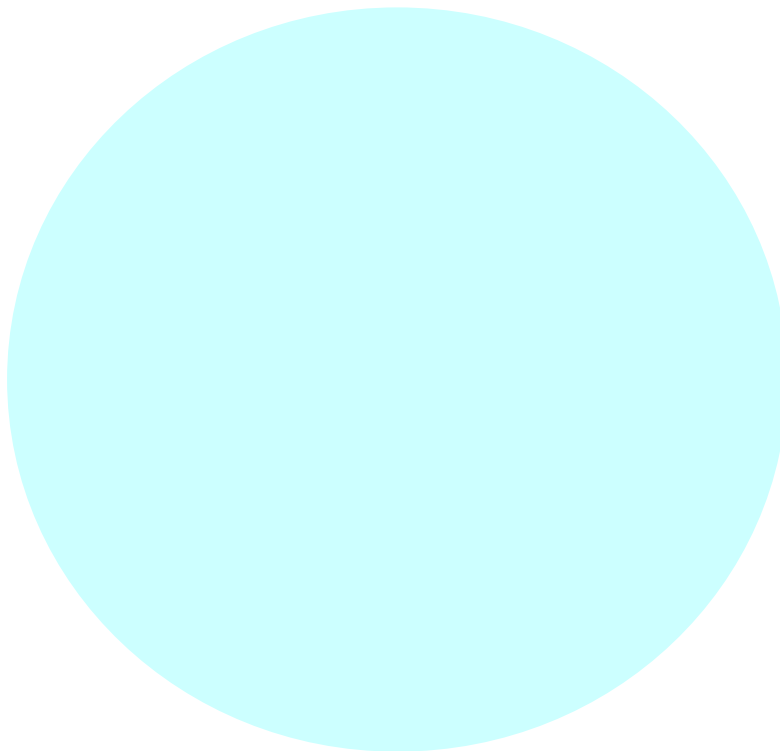
Pick one example and start implementing the Yogic Naughty Step technique today.



Action Step: Check Your Ratios –Pg. 203

Understanding that all stress is not negative is a really important mind shift. Take an inventory of your life here. What is the ratio of eustress and distress in your life? Mark it on the pie chart below.

Your Distress vs Eustress



■ Past
■ Present
■ Future

Is this a good ratio for you? Choose to change the ratios if you need to. Turn down a challenge or task that you know causes you distress. Pick up one that creates eustress. Next time you say you are stressed, know that the majority of the time it's in a good way and your body is designed to help you get the most out of a stressful situation. Embrace eustress.



Action Step: Embrace Stretch –Pg. 205

Where can you embrace the stretch zone this year? What would stretch you in terms of your body, your work, your interests, your family, your skills? How big a stretch should it be? Think big. Act big. Be big.

At work: _____

At home: _____

In terms of physical fitness: _____

In terms of friendships: _____

In terms of relationships: _____

In terms of family: _____

In terms of travel: _____

Pick one that seems juicy and delicious, and be brave – work on expanding life in that direction.

Which one did you pick?



Action Step: Stop Procrastinating -Pg. 205

Those nagging tasks that have been in the back of your mind for weeks, months or years take up a lot of energy. They are like a slow leak in a tank of water, slowly, imperceptibly draining resources away. They are one of those apps running unseen on your phone, draining the power away. Time to plug the leak.

First, identify all of those things on which you have been procrastinating. List them right now, whether it is chores around the house, people to call, stuff to make, projects at work, places to be, whatever you have been subtly avoiding.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____





Action Step I: Make It Happen –Pg. 209

Once you have identified what is driving your procrastination there are some more tools you can use to keep making things happen:

1. Make it public

Tell everyone you are running the marathon in six months/going to lose 20kg/going back to university. The public feedback and encouragement will help keep you to your commitment and prevent you from backsliding into procrastination. This was essential for the retreat. Once I had put it in my 'Wellbeing Wednesday' newsletter and Facebook page, I could not backslide on that commitment to my students.

2. Set a timer

Parkinson's Law: work expands to fill the available time. Avoid 'project creep', and the project taking over your entire life, by setting timed boundaries. Accept that in the Information Age in which we live, you can never know 'everything'. There is always more info out there, so instead of driving yourself mad with trying to get to this unreachable place of 'complete', set a time limit. For example, I am going to research circus training schools for two hours and then I am going to make a decision and move forward and book one. Be strict. Your best work will be in the first section of time anyway. Be okay with not seeing every single possible option, but learn enough to make a decision (even if it is only 80 per cent perfect). Decide and move. Decide and move. Keep the momentum going.

3. Big project: small steps

The project you have been procrastinating on forever is usually a big project; if it was small and easy you would have done it already. So accept it will mean small steps, lots of them, joined together. Break it down, and start stepping forward. Keep putting one foot in front of the other. Just keep inching forward. Research paint samples. Buy the paint. Hire the ladders. Rope in the friends. Order the pizza. Clean the walls. Paint the house one wall at a time.

4. Improve it

Some projects that we procrastinate on are not always the most fun projects. We are just not attracted to doing it; for example, clearing out the garage. Make the task 'better' and as 'improved' as you can (e.g. put on some great music, get your teenager to help, order pizza for lunch to be delivered as you work). Be creative. Improve the thing as much as you can. Doing the ironing? Download a book read by

your favourite author and listen to it as you iron. Commuting? Travel with a friend and chat on the way in, or learn Spanish on your iPod, or whatever floats your boat. If you choose to do it (and, remember, it is a choice), see if you can make it an improved experience.

5. Reward yourself – big time

If all else fails, bribe yourself. Rewards are not just for small children. Treat yourself to a round of golf or a family meal when it's done. Something that gets you excited. Whatever is a big enough reward to break the inertia of procrastination.



Action Step 2: Deal with the List –Pg. 210

Go back through the list you made of things that you have been procrastinating over. Cross off anything that you really don't want to do or can delegate to someone else either as a paid job or a swap of time/tasks. Then figure out which of the fear-based reasons have been holding you back on the other items. Identify the appropriate technique for dealing with it, and deal with it! Tackle energy-sucking procrastination today!





Action Step: Your Kind of Rest –Pg. 213

What thoughts do you beat yourself up with when you need to rest/are resting?

1. _____

2. _____

3. _____

4. _____

5. _____

What thoughts are more helpful and healthful to honour your body?

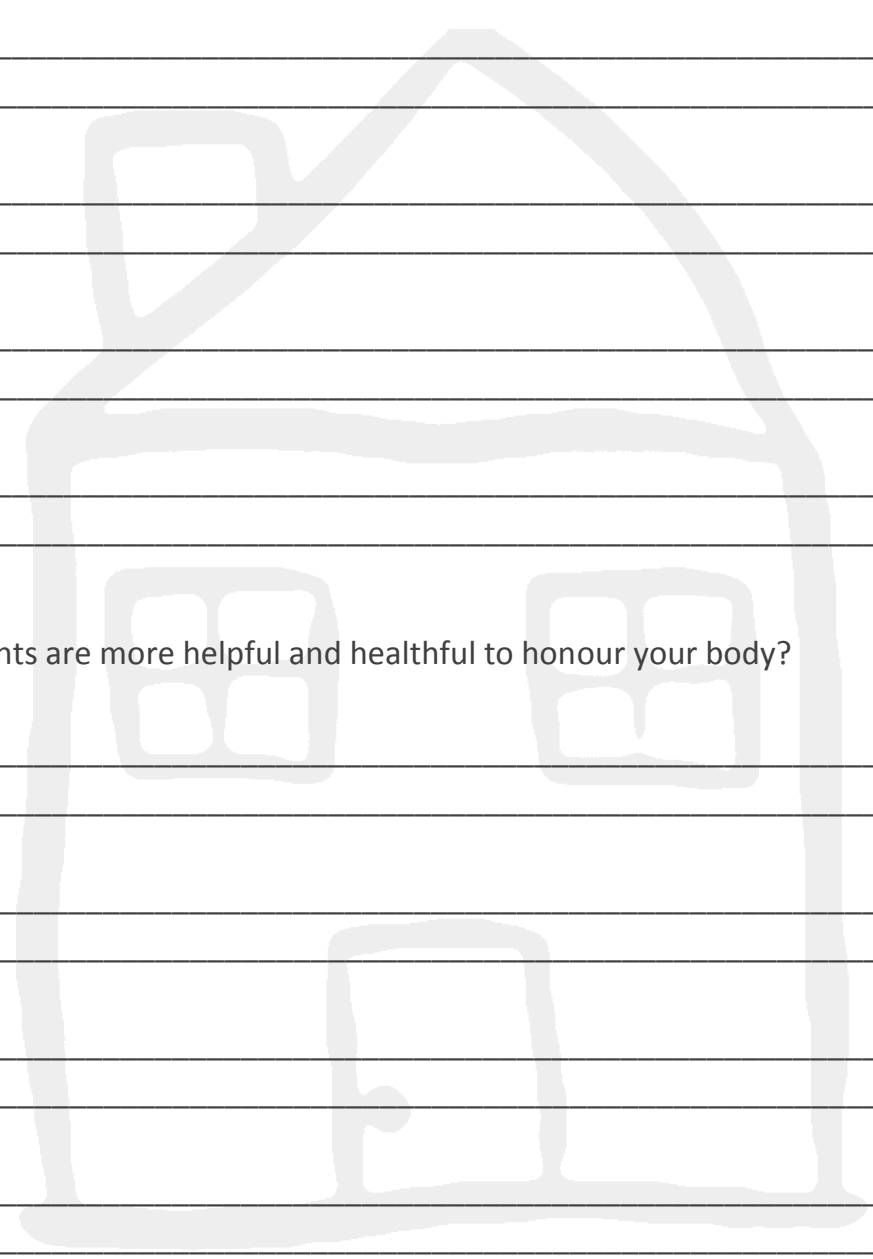
1. _____

2. _____

3. _____

4. _____

5. _____



If you are only mildly fatigued, you won't need to be napping but you will still need to rest. That's just what human beings need to do. Rest looks different for different people: for some people it's a long nap, a hot bubble bath or a massage; for others it is something active like Zumba or playing with the kids, or cooking or a yoga class. Whatever is restful for your mind and body is all good. Rest looks different for everyone: what does it look like for you?

What are restful activities for you?

1. _____
2. _____
3. _____
4. _____
5. _____

Make sure you schedule them into your week as a priority. Making time for rest is important. Commit time to rest and recharge yourself today.



Action Step: Check Out Classes –Pg. 217

Check out your local classes (all the tips you need to pick the right class are above). Alternatively, I have made a set of audios and videos for you to follow at home with a class flow specifically designed to be healing and restorative to your adrenal function and to boost your energy. You can find it in the full programme for download on mywebsite, www.louisethompson.com.



Action Step: Meditate –Pg. 222

Try out one of the techniques above and see what works best for you. Try some meditation audios; it can be an easy way to access meditation as you are guided through the process. I have recorded some for you in the full programme on my website, www.louisethompson.com



Action Step: Push and Pull –Pg. 223

Think about your job, home, health, friends, relationship, family, hobbies and downtime. Where are you taking action out of fear (push) and where are you taking action from love (pull)?

**Pushed by fear → forced action that moves us forward.
It feels hard, an effort, a fight, a struggle, a grind.**

**Pulled by love → inspired action that effortlessly draws us forward.
It feels easy, effortless, pleasurable, flowing.**

I am taking action in my life from a fearful place of push when I _____

I am taking action in my life from a fearful place of push when I _____

I am taking action in my life from a fearful place of push when I _____

I am taking action in my life from a fearful place of push when I _____

I am taking action in my life from a fearful place of push when I _____

I am taking Inspired Action and being pulled forward by love in my life when I _____

I am taking Inspired Action and being pulled forward by love in my life when I _____

I am taking Inspired Action and being pulled forward by love in my life when I _____

I am taking Inspired Action and being pulled forward by love in my life when I _____

I am taking Inspired Action and being pulled forward by love in my life when I _____

Start to consciously choose more of the activities, people and opportunities where you are coming from a place of Inspired Action.

Choose to let your life move forward pulled by love.

Seek it out and choose it.



Action Step: Attracting Providence –Pg. 224

Who am I attracting in my life right now? Who is showing up? What is showing up?

What are the common themes and characteristics of these things?

What other coincidences have I noticed? What is The Universe bringing me in my life right now?

What else would I like to attract into my life right now? What would I love to magically happen/work out?



Action Step: Start Now –Pg. 227

Write three adjectives that describe your house right now.

My house is . . .

1. _____
2. _____
3. _____

Write three adjectives that you would like to describe your house. Jayne, for instance, wanted serene, peaceful and calm.

I'd like my house to feel/be . . .

1. _____
2. _____
3. _____

What is the smallest room in the house where you could start?

Now don't be overwhelmed. Set a timer for ten minutes. Make a start. Do ten minutes of decluttering in that room right now. Ask yourself: is this item useful? Does it really please me? Be ruthless! Start the process of releasing your energy back into your environment. Go!



Action Step 1: Hairdressers -Pg. 228

Book an appointment, or go to the hairdresser of a friend whose hair looks great. Go for something a little different. A change in style. Get a fringe cut. Or change the colour. Or go short. Or whatever. But do something. This is the new you, you need to look like her.



Action Step 2: Beauty Parlour –Pg. 228

Do whatever your budget will afford, I say. Ask for a voucher for your birthday. Call a girlfriend/sister/your mum and make it a fun girls' trip. Get plucked and buffed and waxed to within an inch of your life. Tidy, shaped eyebrows make such a difference to how your face looks, and are all the better to show off your new hairdo. Get a full manicure and pedicure or a facial. Or organise a girls' night in where you paint each other's nails and apply face masks. Whatever your budget allows.



Action Step 3: Serious Closet Overhaul –Pg. 228

Right. I know you half-heartedly threw away a few old clothes when you cleared out the house in the last chapter. But you didn't really go for it with the closet, did you? Be honest now.

This time I mean it! Go get some large rubbish bags. Now, get everything out on the bed. The whole closet. Empty. All the drawers. All of them. Then wipe down the closet and drawers so they're nice and clean. Nothing goes back into the closet unless it meets these criteria:

1. You love it.
2. It looks awesome on you and you feel good in it.
3. You do not already have three identical things. (No one wears their fourth-favourite-or-less pair of black pants. Fact.)
4. It fits you (that's you now, not your fantasy skinny self).
5. It is clean and in a good state of 'I can wear it right now' repair.

Start ruthlessly dividing clothes into the following categories:

1. It looks awesome on you, it fits you now, is clean and in a good state of repair. (Okay you may put that away.)
2. Duplicates, unflattering, outdated, out of fashion. (Put in a rubbish bag for charity/giveaway or to sell.)
3. Old, worn, tired garments. (Throw it away. Now. Yes, in the bin.)
4. Mending/dry-cleaners. (Have a bag set aside for this, and actually take it.)

Methodically work through. It can be a really good idea to do this with someone, either a stylist who does wardrobe reviews, or a stylish and, above all, honest friend. A slightly bossy school ma'am attitude delivered with love would be a bonus.

Get it done. It's going to give you so much energy when you see your clean, fresh closet of clothes you actually like.



Action Step 4: Go Shopping! For Real! –Pg. 229

Exciting. Ask a fashionable friend (or stylist) to help you assess what you are missing in your newly slimmed-down wardrobe. Think capsule wardrobe and think quality. You don't want to fill up all the beautiful space you have created with just any old garments. Your aim is, as the magnificent Gok Wan says, to 'buy less and wear more'. Stuck on what flatters you? Again, ask a friend who you think looks great or hire a stylist for a few hours to give you some tips you will use for life. Check out the books and Gok's website for inspiration (www.gokwan.com).

Obviously, it goes without saying that you should get yourself a fabulous pair of shoes or boots that are highly impractical but make you feel a million dollars. That's not a luxury, ladies: it's a necessity.



Action Step 5: Paint It Up -Pg. 229

Book in at your local department store for a makeover; these are usually complementary if you make a purchase afterwards. Select who does your makeover carefully: if the shop assistant is wearing full-on warpaint, then look around to see who has a look you like. Natural-looking makeovers are great. Like you, but better.



Action Step 5: TA-DAH! -Pg. 230

Look at you! That’s a whole heap better than the tired and washed-out girl I met in chapter one. Go spread some energy, joy and prettiness! Look on the outside how you are now feeling on the inside.

How are you feeling?

Handwriting practice lines consisting of ten horizontal lines. A large, faint heart shape is drawn in the background behind the lines.



Action Step 1: Look at the People in Your Life -Pg. 23

List all the people in your life on the graph below. Don’t forget to include people like ex-husbands, etc., who are still in your life. Imagine how you feel when you see them or speak with them on the phone. Do you feel infused with energy, absolutely drained or somewhere in between? For each person, score your energy reaction below. Remember this isn’t a judgement on them, it’s just a score on how your body reacts. You can absolutely love your Gran, but she can drain your energy, too. It’s not a judgement on Gran, it’s a score from your body, an objective energy-level reading.



Energy Rating – Pg. 233

	-5	-4	-3	-2	-1	0	1	2	3	4	5
Partner											
Ex-Partners											
Family Members											
Mum											
Dad											
Siblings											
Pets (Really)											
Friends											
Boss											
Colleagues											
Other People											



Action Step 2: Go On a Friend Diet -Pg. 233

It's a tough one, I know, but it's time for a Friend Diet. Understanding that you have to make a few hard choices in order to regain full energy is really important. Remember that it is all about choice.

Scores of -1 or below.

Do you really need to keep this person in your life? Can you let the friendship just 'drift' away into nothingness? You are just not a fit any more and that's okay! If you choose to keep in contact with that person, can you reduce the energy intensiveness of it? Can you change a lunch into a coffee instead? Can you make a coffee a phone call? Can you make a phone call an email? How can you downgrade the energy you invest? If it's a really low score, like -5, then do you need to have a tough conversation where you are honest and truthful and say you need a break from the relationship because it drains you?

Scores of 0 to +3.

Can these people replace some of the people you are going to reduce contact with? How can you add in some high-energy activities (whether it's knitting together or kayaking together) that will improve the score?

Scores of +4 or more.

How can you spend more time with these people? How can you refocus your priorities to include more contact time?

If there is no one in the high-scoring category, think of who you want to attract into your life right now. What characteristics do you find high energy in someone? Is it the ability to sit quietly together in companionable silence, to share business growth stories, to share drama-free childcare? Get clear and start looking for those people. With your energy now coming from such a clean place, you will more than likely start attracting who you need!



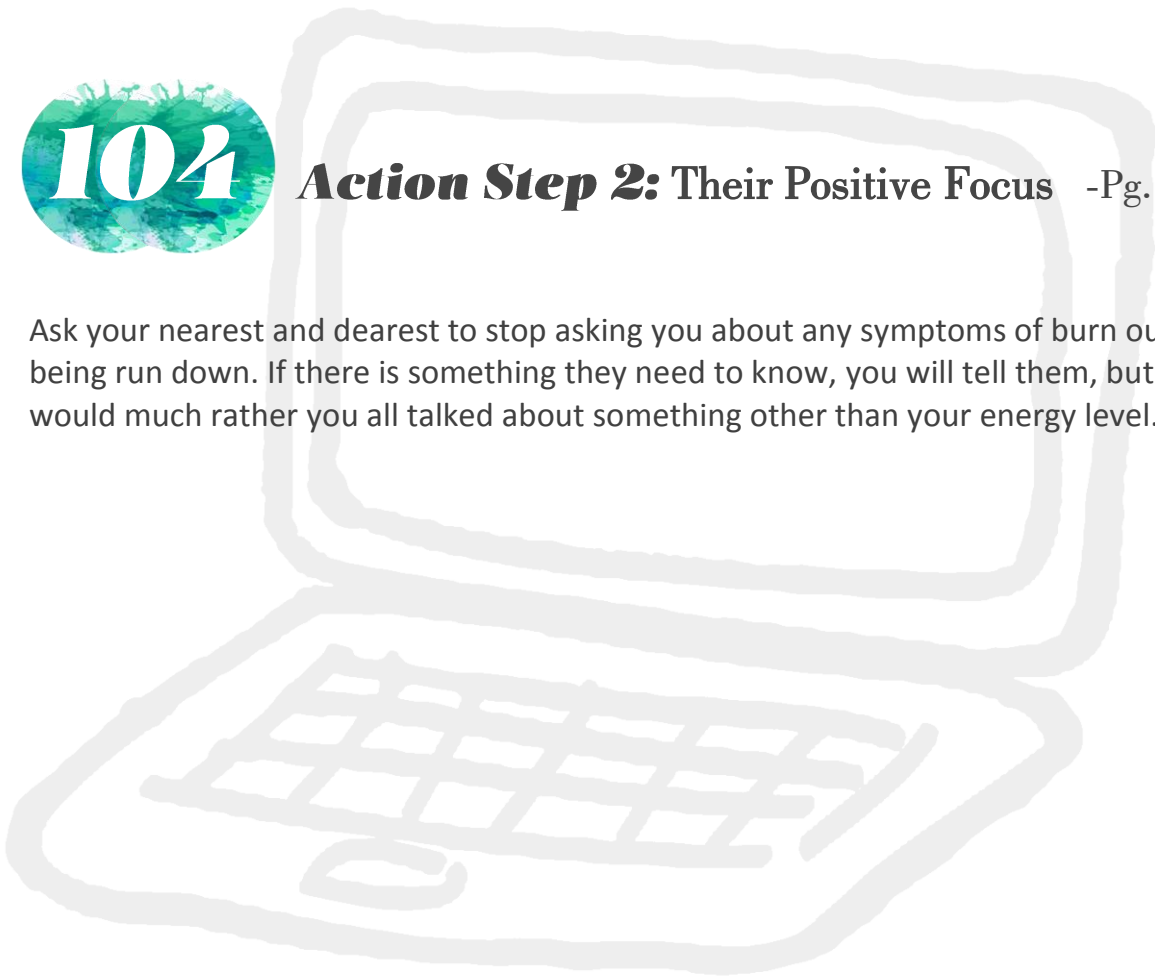
Action Step 1: Your Positive Focus –Pg. 237

When an acquaintance asks you how you are, do not parrot out the same old, ‘Oh, you know, okay, busy, not too bad, bit tired.’ Answer with a bright, confident, ‘I’m terrific, thank you! How are you doing?’ Be that woman. Be ‘I’m terrific, thank you!’ Let that define you. Which woman do you think is the one people want to work with and hang out with, love? Is it ‘Oh, you know, not too bad’, or ‘I’m terrific, thank you!’ This self-definition is key, because you will be asked ten, twenty, more, times a day how you are. Have an energetic answer. This defines you not just in your eyes but in those of others.



Action Step 2: Their Positive Focus -Pg. 237

Ask your nearest and dearest to stop asking you about any symptoms of burn out or being run down. If there is something they need to know, you will tell them, but you would much rather you all talked about something other than your energy level.





Action Step: Don't Panic –Pg. 239

If you feel you are at all verging on the edge of relapse, then first of all don't panic!
Remember:

1. Feeling tired after doing stuff is normal.
2. We all get bugs and viruses every now and again. We all feel terrible when we get the flu. That's also normal.
3. Learn to discern between good tired and bad tired. Use bad tired as a cue to refresh on the tools you have learned in this book. Did you just read them and not actually do them? Did you put them into action? This programme will work if you do, so take a few incidents of bad tired as an opportunity to revise and refresh on the tools you have learned and apply them diligently. Recommit.
4. Pay attention to your thoughts. Remember your energy goes where your thoughts go. Monitor those thoughts and replace them with your energy mantra whenever appropriate.
5. Make sure you have your Lizard on a short leash. Did you buy a physical representation of your Inner Lizard to help with that psychological separation? If not, do it now. Talk to your Lizard, take back control.
6. Mind, body and soul are all equally important not just for healing but for living a healthy, balanced life. Check in once again with your Life Satisfaction Scores and see where you need to tweak things.
7. Is there some situation you are avoiding being honest about, either to others or even yourself? Remember this sucks energy like nothing else, so get clean and honest. Do some private journalling and get in alignment with your true emotions.

Yay! You did it!

Congratulations! If you have reached this page then that means you have truly worked your way through the High Energy Happiness e-programme. If you have been putting what you have learned about yourself into practice then you will be feeling a whole different mind, body and spirit than you did when you started. Take a moment to pause and reflect on what you have discovered about yourself and the excellent progress you have made in creating strong energy boundaries for yourself. I'd love to hear about your journey: come and hang out with me and your fellow travellers committed to living a High Energy Happiness life on the private HighEnergyHappiness facebook forum.

I am so thrilled you have invested in yourself in this way and I know the tools in the book can help you create the foundations for the most inspirational vibrant life. If you haven't yet checked out the audio's and videos I have created for you in this programme run, don't walk, over to that bit of the site, download and enjoy. They will take you even further on your journey of happiness and wellness. With much love and gratitude to you,

A handwritten signature in cursive script that reads "Louise". The signature is written in black ink and includes a decorative flourish at the end.



This questionnaire¹ was originally created and used by Dr James L. Wilson in his practice and later published on page 61 in his book, *Adrenal Fatigue: The 21st Century Stress Syndrome*. Dr Wilson’s permission has been given to use this questionnaire in this book. It is designed as an aid to determining a patient’s level of adrenal fatigue. Although Dr Wilson and many other physicians have found the questionnaire extremely helpful, no formal reliability or validity tests have been completed to confirm its accuracy, and the author assumes no responsibility for its use or accuracy. No commercial use of this questionnaire is permitted without prior written consent by the author, Dr Wilson.

I have not felt well since _____ when
_____ (date) _____
(describe event, if any) _____

Instructions: please enter the appropriate response number to each of the following statements.

- 0 = Never/rarely**
- 1 = Occasionally/slightly**
- 2 = Moderate in intensity or frequency**
- 3 = Intense/severe or frequent**

PREDISPOSING FACTORS

	PAST	NOW	
1.	_____	_____	I have experienced long periods of stress that have affected my wellbeing.
2.	_____	_____	I have had one or more severely stressful events that have affected my wellbeing.
3.	_____	_____	I have driven myself to exhaustion.
4.	_____	_____	I overwork with little play or relaxation for extended periods.
5.	_____	_____	I have had extended, severe or recurring respiratory infections.

¹ Adrenal Fatigue Questionnaire © March 1981, March 1985, March 2001, April 2008, April 2011 by Dr James L. Wilson; International © July 23, 2013 by Dr James L. Wilson. All rights reserved. No commercial use or application of any part of his questionnaire is allowed without prior written consent by the author.

	PAST	NOW	
6.	_____	_____	I have taken long-term or intense steroid therapy (corticosteroids).
7.	_____	_____	I tend to gain weight, especially around the middle (spare tire).
8.	_____	_____	I have a history of alcoholism and/or drug abuse.
9.	_____	_____	I have environmental sensitivities.
10.	_____	_____	I have diabetes (type 2, adult onset, NIDDM).
11.	_____	_____	I suffer from post-traumatic distress syndrome.
12.	_____	_____	I suffer from anorexia.*
13.	_____	_____	I have one or more other chronic illnesses or diseases.
	_____	_____	TOTAL

KEY SIGNS AND SYMPTOMS

	PAST	NOW	
1.	_____	_____	My ability to handle stress and pressure has decreased.
2.	_____	_____	I am less productive at work.
3.	_____	_____	I seem to have decreased in cognitive ability. I don't think as clearly as I used to.
4.	_____	_____	My thinking is confused when hurried or under pressure.
5.	_____	_____	I tend to avoid emotional situations.
6.	_____	_____	I tend to shake or am nervous when under pressure.
7.	_____	_____	I suffer from nervous stomach indigestion when tense.
8.	_____	_____	I have many unexplained fears/anxieties.
9.	_____	_____	My sex drive is noticeably less than it used to be.
10.	_____	_____	I get lightheaded or dizzy when rising rapidly from a sitting or lying position.
11.	_____	_____	I have feelings of graying or blacking out.
12.	_____	_____	I am chronically fatigued; a tiredness that is not usually relieved by sleep.*
13.	_____	_____	I feel unwell much of the time.
14.	_____	_____	I notice that my ankles are sometimes swollen. The swelling is worse in the evening.
15.	_____	_____	I usually need to lie down or rest after sessions of psychological or emotional pressure/stress.
16.	_____	_____	My muscles sometimes feel weaker than they should.

PAST	NOW	
17. _____	_____	My hands and legs get restless. I experience meaningless body movements.
18. _____	_____	I have become allergic or have increased frequency/severity of allergic reactions.
19. _____	_____	When I scratch my skin, a white line remains for a minute or more.
20. _____	_____	Small irregular dark brown spots have appeared on my forehead, face, neck and shoulders.
21. _____	_____	I sometimes feel weak all over.*
22. _____	_____	I have unexplained and frequent headaches.
23. _____	_____	I am frequently cold.
24. _____	_____	I have decreased tolerance for cold.*
25. _____	_____	I have low blood pressure.*
26. _____	_____	I often become hungry, confused, shaky or somewhat paralysed under stress.
27. _____	_____	I have lost weight without reason while feeling very tired and listless.
28. _____	_____	I have feelings of hopelessness or despair.
29. _____	_____	I have decreased tolerance. People irritate me more.
30. _____	_____	The lymph nodes in my neck are frequently swollen (swollen glands).
31. _____	_____	I have times of nausea and vomiting for no apparent reason.
_____	_____	TOTAL

ENERGY PATTERNS

PAST	NOW	
1. _____	_____	I often have to force myself in order to keep going. Everything seems like a chore.
2. _____	_____	I am easily fatigued.
3. _____	_____	I have difficulty getting up in the morning (don't really wake up until about 10 a.m.).
4. _____	_____	I suddenly run out of energy.
5. _____	_____	I usually feel much better and fully awake after the noon meal.
6. _____	_____	I often have an afternoon low between 3 p.m. and 5 p.m.
7. _____	_____	I get low energy, moody or foggy if I do not eat regularly.

8. _____ I usually feel my best after 6 p.m.
9. _____ I am often tired by 9 p.m.–10 p.m., but resist going to bed.
10. _____ I like to sleep late in the morning.
11. _____ My best, most refreshing sleep often comes between 7 a.m. and 9 a.m.
12. _____ I often do my best work late at night (early in the morning).
13. _____ If I don't go to bed by 11 p.m., I get a second burst of energy around 11 p.m., often lasting until 1 a.m.–2 a.m.
- _____ TOTAL

FREQUENTLY OBSERVED EVENTS

- | PAST | NOW | |
|-----------|-------|--|
| 1. _____ | _____ | I get coughs/colds that stay around for several weeks. |
| 2. _____ | _____ | I have frequent or recurring bronchitis, pneumonia or other respiratory infections. I get asthma, colds and other respiratory involvements two or more times per year. |
| 3. _____ | _____ | I frequently get rashes, dermatitis or other skin conditions. |
| 4. _____ | _____ | I have rheumatoid arthritis. |
| 5. _____ | _____ | I have allergies to several things in the environment. |
| 6. _____ | _____ | I have multiple chemical sensitivities. |
| 7. _____ | _____ | I have chronic fatigue syndrome. |
| 8. _____ | _____ | I get pain in the muscles on the sides of my neck. |
| 9. _____ | _____ | I have insomnia or difficulty sleeping. |
| 10. _____ | _____ | I have fibromyalgia. |
| 11. _____ | _____ | I suffer from asthma. |
| 12. _____ | _____ | I suffer from hay fever. |
| 13. _____ | _____ | I suffer from nervous breakdowns. |
| 14. _____ | _____ | I get pain in the muscles of my upper back and lower neck for no apparent reason. |
| 15. _____ | _____ | My allergies are becoming worse (more severe, frequent or diverse). |
| 16. _____ | _____ | The fat pads on the palms of my hands and/or tips of my fingers are often red. |
| 17. _____ | _____ | I bruise more easily than I used to. |
| 18. _____ | _____ | I have a tenderness in my back near my spine at the bottom of my rib cage when pressed. |
| 19. _____ | _____ | I have swelling under my eyes upon rising that goes away after I have been up for a couple of hours. |
| _____ | _____ | TOTAL |

The next two questions are for women only:

- | | PAST | NOW | |
|----|-------|-------|--|
| 1. | _____ | _____ | I have increasing symptoms of premenstrual syndrome (PMS) such as cramps, bloating, moodiness, irritability, emotional instability, headaches, tiredness and/or intolerance before my period (only some of these need be present). |
| 2. | _____ | _____ | My periods are generally heavy but they often stop, or almost stop, on the fourth day, only to start up profusely on the fifth or sixth day. |
| | _____ | _____ | TOTAL |

FOOD PATTERNS

- | | PAST | NOW | |
|----|-------|-------|---|
| 1. | _____ | _____ | I need coffee or some other stimulant to get going in the morning. |
| 2. | _____ | _____ | I often crave food high in fat and feel better with high-fat foods. |
| 3. | _____ | _____ | I use high-fat foods to drive myself. |
| 4. | _____ | _____ | I often use high-fat foods and caffeine-containing drinks (coffee, colas, chocolate) to drive myself. |
| 5. | _____ | _____ | I often crave salt and/or foods high in salt. I like salty foods. |
| 6. | _____ | _____ | I feel worse if I eat high-potassium foods (like bananas, figs, raw potatoes), especially if I eat them in the morning. |
| 7. | _____ | _____ | I crave high-protein foods (meats, cheeses). I crave sweet foods (pies, cakes, pastries, doughnuts, dried fruits, candies, desserts). |
| 8. | _____ | _____ | I feel worse if I miss or skip a meal |
| | _____ | _____ | TOTAL |

AGGRAVATING FACTORS

	PAST	NOW	
1.	_____	_____	I have constant stress in my life or work.
2.	_____	_____	My dietary habits tend to be sporadic and unplanned.
3.	_____	_____	I do not exercise regularly.
4.	_____	_____	My relationships at work and/or home are unhappy.
5.	_____	_____	My life contains insufficient enjoyable activities.
6.	_____	_____	I have little control over how I spend my time.
7.	_____	_____	I restrict my salt intake.
8.	_____	_____	I have gum and/or tooth infections or abscesses.
9.	_____	_____	I have meals at irregular times.
10.	_____	_____	I eat lots of fruit.
	_____	_____	TOTAL

RELIEVING FACTORS

	PAST	NOW	
1.	_____	_____	I feel better almost right away once a stressful situation is resolved.
2.	_____	_____	Regular meals decrease the severity of my symptoms.
3.	_____	_____	I often feel better after spending a night out with friends.
4.	_____	_____	I often feel better if I lie down.
5.	_____	_____	Other relieving factors
	_____	_____	TOTAL

Scoring and Interpretation

A lot of information can be obtained from this questionnaire. Follow the instructions below carefully to score your questionnaire correctly. Then proceed to the interpretation section.

TOTAL NUMBER of Questions Answered

1. First count the total number of questions in each section that you answered with any number other than zero. Enter the 'past' and 'now' totals separately, entering each in appropriate boxes for each section of the 'Total number of questions answered' scoring chart below. For example, if you answered a total of 21 questions in the 'past' column and 27 questions in the 'now' column of the 'Key signs and symptoms' with a 1, 2 or 3, your total number of questions answered score for the 'past' column would be '21' and for the 'now' column it would be '27'. Note that there are no entries for the first section of the questionnaire entitled 'Predisposing factors'. This section is dealt with separately and is not included in the summary below. Therefore, your first entry into the summary boxes will be for the 'Key signs and symptoms' section.

2. After you have finished entering the number of questions answered in both columns for each section, sum all the numbers for each column and the total in the 'Grand total – total number of questions answered' boxes on the bottom row of the scoring chart.

3. All the boxes in the 'Total number of questions answered' chart should now be filled.

Then go on to the next part of the scoring.

TOTAL NUMBER OF QUESTIONS ANSWERED WITH ABOVE 0		
NAME OF SECTION	TOTAL ANSWERED	
	PAST	NOW
Key Signs and Symptoms (Number of Questions – 31)		
Energy Patterns (Number of Questions – 13)		
Frequently Observed Events (Number of Questions – 20 men, 22 women)		
Food Patterns (Number of Questions – 9)		
Aggravating Factors (Number of Questions – 10)		
Relieving Factors (Number of Questions – 4)		
GRAND TOTAL – Total number of questions answered with above 0		

Total Points

TOTAL POINTS

This part of the scoring adds up the actual numbers (0, 1, 2 or 3) you put beside the questions when you were answering the questionnaire. Add these numbers for each column in each section and enter them into the appropriate boxes in the following chart. Then, sum each column to get the Total points – now scores. Enter these totals in the bottom two boxes to complete this part of the scoring.

TOTAL NUMBER OF QUESTIONS ANSWERED WITH ABOVE 0		
NAME OF SECTION	TOTAL ANSWERED	
	PAST	NOW
Key Signs and Symptoms (Total Points Possible – 93)		
Energy Patterns (Total Points Possible – 39)		
Frequently Observed Events (Total Points Possible – 60 men, 66 women)		
Food Patterns (Total Points Possible – 27)		
Aggravating Factors (Total Points Possible – 30)		
Relieving Factors (Total Points Possible –12)		
Total Points - SEVERITY		
Grand Total – Total number of questions answered with above 0		
Severity index- Total points divided by total questions answered above 0		
Asterisk Total- Total points on questions marked with*		

Interpreting the Questionnaire

The questionnaire is a valuable tool for determining IF you have adrenal fatigue and, if you do, the SEVERITY of your syndrome. Of course, the accuracy of its interpretation depends upon you completing every section as accurately and honestly as possible. Because there is such diversity in how individuals experience adrenal fatigue, a wide variety of signs and symptoms have been included. Some people have only the minimal number of symptoms, but the symptoms they do have are severe. Others experience a great number of symptoms, but most of their symptoms are relatively mild. This is why there are two kinds of scores to indicate adrenal fatigue.

Total number of questions answered with a number above 0

This gives you a general 'yes' or 'no' answer to the question, 'Do I have adrenal fatigue?' First look at your 'Grand total – total number of questions answered with above 0' scores in the first scoring chart. The purpose of this score is to see the total number of signs and symptoms of adrenal fatigue you have. There are a total of 87 questions for men and 89 questions for women in the questionnaire. If you responded with a number above 0 to more than 26 (men) or 32 (women) of the questions (regardless of which severity response number you gave the question), you have some degree of adrenal fatigue. The greater the number of questions that you have responded affirmatively to, the greater your adrenal fatigue. If you responded affirmatively to less than 20 of the questions, it is unlikely adrenal fatigue is your problem. People who do not have adrenal fatigue may still experience a few of these indicators in their lives, but not many of them. If your symptoms do not include fatigue or decreased ability to handle stress, then you are probably not suffering from adrenal fatigue.

TOTAL POINTS

The total points are used to determine the degree of severity of your adrenal fatigue. If you ranked every question as 3 (the worst) your total points would be 261 for men and 267 for women. If you scored under 40, you either have only slight adrenal fatigue or none at all. If you scored between 44–87 for men or 45–88 for women, then overall you have a mild degree of adrenal fatigue. This does not mean that some individual symptoms are not severe, but overall your symptom picture reflects mildly fatigued adrenals. If you scored between 88–130 for men or 89–132 for women, your adrenal fatigue is moderate. If you scored above 130 for men or above 132 for women, then consider yourself to be suffering from severe adrenal fatigue. Now compare the total points of the different sections with each other. This allows you to see if one or two sections stand out as having more signs and symptoms

Interpreting the Questionnaire

than the others. If you have a predominating group of symptoms, they will be the most useful ones for you to watch as indicators as you improve. Seeing which sections stand out will also be helpful in developing your own recovery program.

SEVERITY INDEX

The severity index is calculated by simply dividing the total points by the total number of questions you answered in the affirmative. It gives an indication of how severely you experience the signs and symptoms, with 1.0–1.6 being mild, 1.7–2.3 being moderate and 2.4 plus being severe. This number is especially useful for those who suffer from only a few of these signs and symptoms, but are considerably debilitated by them.

PAST VS NOW

Now compare the total points in the 'past' column to the total points in the 'now' column. The difference indicates the direction your adrenal health is taking. If the number in the 'past' column is greater than the number in the 'now' column, then you are slowly recovering from hypoadrenia. It is a good sign you are recovering. If the number in the 'now' column is greater than the number in the 'past' column, your adrenal glands are on a downhill course and you need to take immediate action to prevent further decline and to recover.

ASTERISK TOTAL

Finally, add the actual numbers you put beside the questions marked by asterisks (*) for the 'now' column. If this total is more than 9, you are likely suffering from a relatively severe form of adrenal fatigue. If this total is more than 12, and you answer yes to more than 2 of the questions below, you have many of the indications of true Addison's disease and should consult a physician.

Answer the following questions only if you scored more than 12 on the questions marked with an asterisk (*)

ADDITIONAL SYMPTOMS (That are present now)

The areas on my body listed below have become bluish-black in colour.

- _____ Inside of lips, mouth.
- _____ Vagina.
- _____ Around nipples

Interpreting the Questionnaire

- _____ I have frequent unexplained diarrhea.
- _____ I have increased darkening around the bony areas, at folds in my skin, scars and the creases in my joints.
- _____ I have light-coloured patches on my skin where the skin has lost its usual colour.
- _____ I easily become dehydrated.
- _____ I have fainting spells.

Interpretation of the 'predisposing factors' section

This section helps determine which factors led to the development of your adrenal fatigue. There may have been only one factor or there may have been several, but the number does not matter. One severely stressful incident can be all it takes for someone to develop adrenal fatigue, although typically it is more. This list is not exhaustive, but the items listed in this section are the most common factors that lead to adrenal fatigue. Use this section to better understand how your adrenal fatigue developed. Seeing how it started often makes clearer what actions you can take to successfully recover from it.

DISCLAIMER

The ideas and suggestions contained in this questionnaire are not intended as a substitute for consulting with your physician. All matters regarding your health require medical supervision. Neither the author nor the publisher shall be liable or responsible for any loss or damage allegedly arising from any information or suggestion in this questionnaire.