3-DAY WORKSHOP COMPANION

Everything Looks Normal. So Why Don't I Feel Normal?

WORKBOOK FOR DAY 1 + DAY 2

A simple place to notice, reflect, and connect the dots as we go.

Measure less. Notice more. Look for patterns.

YOUR NAME

DATE

For education and self-observation only. This workbook is not a diagnostic tool or medical advice.

How to Use This Workbook

You do not need to write down everything. Use these pages to catch the ideas that stand out, notice your own patterns, and write the questions you want to carry into the next day.

BEFORE WE BEGIN

Right now, before today's teaching changes how you think about anything, take a quick snapshot of how you feel.

Energy ☐ /10

Sleep / recovery ☐ /10

Stress / activation ☐ /10

Mental clarity ☐ /10

Mood / resilience ☐ /10

One sentence: How do I feel right now?

What is happening in my life right now that may be affecting me?

What brought me to this workshop?

Day 1: Follow the Big Ideas

What if we're looking at only part of the picture?

THE BODY WE KNOW

- Organs
- Blood
- Hormones
- Nutrients
- Cells
- Chemistry

THE BIGGER CONVERSATION

- Physical
- Chemical
- Electrical
- Energetic
- Informational

Curiosity + discernment

What idea from today challenged or expanded the way I normally think about the body?

Signals, Communication, Patterns

Today is not about choosing one model over another. It is about noticing that a living body is dynamic, responsive, and constantly coordinating many kinds of activity.

Structure -> Chemistry -> Signaling -> Regulation

QUESTIONS TO CARRY WITH YOU

What is changing?

What repeats?

What responds?

What might be a pattern?

Notes from Dr. Conner / ideas I want to remember

What I Am Taking From Day 1

You are more than your lab results.

Lab work can provide important information. Today adds another lens: a living body also has rhythms, signals, responses, communication, and changing patterns.

COMPLETE THESE SENTENCES

I had been thinking about my body as...

Now I am curious about...

One pattern I want to pay more attention to is...

Could my body be telling me things I do not consciously know how to hear?

Questions I want answered on Day 2