EVERYTHING LOOKS NORMAL.
WHY DON'T I FEEL NORMAL?

DAY 3 WORKBOOK

Measure. Track. Optimize.

A practical place to record what you notice, explore the voice scan demonstration, and choose one small next step.

TODAY'S FOCUS

One measurement is a starting point. Your lived experience and repeated observations provide context. Use this workbook to ask better questions, not to diagnose yourself.

Name: _____

Date: _____

1 / START WHERE YOU ARE

Before you look at any scan results, capture how you feel today. There are no right answers.

My energy right now (0 = empty, 10 = full): _____ / 10

My sleep last night (hours and quality):

My focus today (0 = difficult, 10 = clear): _____ / 10

My stress today (0 = low, 10 = high): _____ / 10

What feels most draining lately?

When do I feel more like myself?

What do I want to understand by tracking?

If you have persistent or concerning symptoms, discuss them with a qualified healthcare professional.

2 / JOIN SCAN TO THRIVE

Before we go into questions about the scan, join the free Scan to Thrive community. This gives you a place to continue learning, follow the next steps, and stay connected after the workshop.

SCAN TO JOIN OR CLICK HERE



Open your phone camera and point it at the code.

On your phone, tap CLICK HERE above. You can also tap the QR code in a digital copy.

After joining, what is one thing I want to explore?

3 / WATCH THE DEMONSTRATION

A voice scan records sound and presents results within the system's wellness framework. Record what you actually see and what questions it raises.

What did I notice about how the recording was made?

What did the software display?

Which result or explanation would I like to understand better?

What personal context would matter before interpreting it?

REMEMBER
A result is a conversation starter. It does not diagnose a condition or explain the cause of how someone feels.

4 / LOOK FOR CONTEXT

Choose one pattern you want to observe. It can be energy, sleep, focus, recovery, or something else you notice in daily life.

The pattern I want to understand:

When does it tend to happen?

What might be happening around it? (sleep, workload, meals, movement, stress)

What helps, even a little?

What else could explain a change I notice?

A USEFUL QUESTION

What changed, what stayed the same, and what might I need to observe again?

5 / CHOOSE ONE SMALL EXPERIMENT

Pick a change that fits your real life. You are testing whether it is useful for you, not trying to prove a scan result caused anything.

The one change I will try:

I will do it on these days or at this time:

What will I pay attention to? (energy, sleep, focus, mood, recovery)

What could make this hard, and how will I keep it manageable?

I will review my notes on:

MY PLAN IN ONE SENTENCE

6 / SEVEN-DAY OBSERVATION LOG

Use a few words per day. A missed day is fine. Look for patterns with curiosity, not judgment.

Day	Sleep	Energy	Stress	One thing I noticed	Context
1					
2					
3					
4					
5					
6					
7					

What do I notice after seven days?

Patterns are clues, not proof of cause. Bring ongoing concerns to an appropriate clinician.

7 / WHAT COMES NEXT

Measure gave me a starting point. Tracking adds context. Optimizing means trying one thoughtful adjustment and learning from the response.

One thing I learned during Day 3:

One question I want to ask Jasmina:

The first action I will take this week:

MY NEXT CHECK-IN

Date: _____

What I will review: _____

KEEP GOING

Keep learning about your energy and recovery with the Measure, Track, Optimize approach. Use the workshop link provided by Jasmina to see the current ways to continue.