EXHAUSTED? NOW WHAT? DAY 1 WORKBOOK

The Gap Nobody Explained

Take what you are feeling seriously, even before it turns into a bigger problem.

Truth to remember:
Just because you are still functioning does not mean everything is fine. Daily exhaustion, poor recovery, brain fog, short patience, and feeling “off” deserve attention.

◆ SECTION 1: HOW YOU ARE FEELING RIGHT NOW

Start with honesty. No fixing. No overthinking. Just notice what is true right now.

What feels hardest for me right now:

Where do I notice exhaustion the most? (morning, afternoon, evening, sleep, focus, patience, recovery):

What have I been telling myself about it?

◆ SECTION 2: WHAT I KEEP PUSHING THROUGH

High-functioning exhaustion can look “normal” for a long time. Name the places where you keep going even when your body is asking for something else.

I push through when it comes to:

The part of my day that drains me the most is:

🔷 SECTION 3: THE HIDDEN COST OF PUSHING THROUGH

Pushing through has a cost. This is where you name it.

What has this been costing me physically?

What has this been costing me emotionally?

What has this been costing me in my work, business, or daily responsibilities?

What has this been costing me at home or in my relationships?

🔷 SECTION 4: WHAT I HAVE NORMALIZED

Finish the sentences below.

“I keep dismissing _____.”

“I have been telling myself _____.”

“Deep down, I know _____.”

◆ SECTION 5: WHAT STOOD OUT FROM DAY 1

Use this page during or after the session and Dr. Tim Harrigan's interview.

One idea that stood out to me:

Something I want to pay attention to sooner, not later:

A sentence or phrase I want to remember:

◆ SECTION 6: FROM "I'M FINE" TO "THIS DESERVES ATTENTION"

There is a difference between having no diagnosis and truly feeling well. Write what you are seeing more clearly now.

If I take my exhaustion seriously, what do I need to stop ignoring?

What part of my health or daily life deserves attention now?

Why does this matter to me?

◆ SECTION 7: MY DAY 1 AWARENESS STATEMENT

Complete these sentences before Day 2.

I am no longer willing to ignore:

The area that deserves my attention now is:

The main reason this matters to me is:

◆ SECTION 8: TOMORROW'S QUESTION

Day 2 will help you explore why one-size-fits-all advice does not always work, and how to choose something more realistic for your own life.

Tomorrow, I want help understanding:

Bring this workbook back tomorrow.

Your awareness from Day 1 becomes the starting point for your Day 2 experiment.