EXHAUSTED? NOW WHAT? DAY 2 WORKBOOK

Why Your Body Responds the Way It Does

From one-size-fits-all advice to observing your own patterns.

Truth to remember:
You do not need fifty new things to try. Notice what happens in your real life, identify two patterns, and choose one small change you can review.

◆ SECTION 1: PICK UP WHERE YOU LEFT OFF

Yesterday you noticed what deserves your attention. Bring that awareness into today's session.

The one thing I wanted to understand better after Day 1:

What do I notice about when this happens?

◆ SECTION 2: WHICH EXPERIENCE SOUNDS LIKE ME?

Circle the one that fits best. You can choose more than one.

A. I am tired all day but wired at night.
B. I wake up feeling like I haven't slept.
C. My brain starts fading in the afternoon.
D. I need a whole weekend to recover from my week.

What does this look like in my daily life?

◆ SECTION 3: MY TWO PERSONAL PATTERNS

Look for repeated observations, not a diagnosis. Consider timing, sleep, meals, stress, movement, and recovery.

PATTERN 1: What happens, and when do I notice it?

What tends to happen before or around Pattern 1?

PATTERN 2: What happens, and when do I notice it?

What tends to happen before or around Pattern 2?

◆ SECTION 4: WHAT MAY BE INFLUENCING MY DAY?

Choose the factors worth paying attention to rather than trying to change everything.

Sleep and bedtime • Stress and responsibilities • Food and meal timing
Movement and sitting • Daily environment • Breaks and recovery

The factor I would like to explore first:

◆ SECTION 5: WHAT I LEARNED FROM SUSAN

During the interview, capture the ideas that help you think more clearly about your own routines.

Something I learned about epigenetics and individual differences:

A question I want to keep exploring:

◆ SECTION 6: MY ONE SMALL EXPERIMENT

Choose an action that fits your life. For example: a consistent bedtime, a short walk after lunch, or a ten-minute break between meetings.

For the next seven days, I will try:

I will briefly notice or record:

When and how will I do this, even on a busy day?

What might get in the way, and how can I make it easier?

◆ SECTION 7: MY SEVEN-DAY OBSERVATION LOG

Use a few words each day. Observe, rather than judging whether you did it perfectly.

Day	Did I try it?	What did I notice?
1		
2		
3		
4		
5		
6		
7		

◆ SECTION 8: WHAT I WILL BRING TO DAY 3

Tomorrow, we'll turn these observations into a Personal Thrive Roadmap and a practical fourteen-day starter plan.

The priority I want to work on first:

Reminder: This exercise is for self-awareness, not diagnosis. Seek medical assessment for persistent, severe, or worsening symptoms.