EXHAUSTED? NOW WHAT? DAY 3 WORKBOOK

From Exhausted to Empowered

Measure. Track. Optimize. Build your Personal Thrive Roadmap.

Truth to remember:

You do not need a perfect plan. You need a clear starting point, one realistic action, and a time to review what you notice.

◆ SECTION 1: CONNECT THE THREE DAYS

Look back at what stood out in Days 1 and 2. Today you will turn awareness into a plan.

Day 1: The part of my life or well-being that deserves attention:

Day 2: A pattern, influence, or new idea I want to explore:

◆ SECTION 2: CHOOSE MY FIRST PRIORITY

You may want many things to change. Choose one area for your first step.

The ONE priority I want to focus on first:

Why improving this would matter to my everyday life:

◆ SECTION 3: NOTICE MY STARTING POINT

Use what you can observe directly. It might be when you feel tired, how often you wake at night, or when your concentration fades.

What is happening now? Be specific about when, how often, or how it feels:

What is one simple thing I can observe over time?

◆ SECTION 4: WHAT THE VOICE-SCAN DEMO SHOWED ME

The Energy4Life voice scan is an exploratory wellness tool. Software categories are suggested priorities, not established medical findings or diagnoses.

One category, question, or idea that interested me:

What might I explore through my own reflection or daily observations?

◆ SECTION 5: MY PERSONAL THRIVE ROADMAP

Keep it simple enough to follow on a busy day. One action is a better starting point than ten intentions.

MY PRIORITY: The area I want to work on first:

MY ACTION: One realistic step I will try:

MY OBSERVATION: What I will briefly notice or record:

MY SUPPORT: What would help me stay consistent?

MY REVIEW DATE: When will I look at what changed?

◆ SECTION 6: WHEN LIFE GETS BUSY

If my week gets difficult, the smallest version of my action will be:

◆ SECTION 7: MY 14-DAY STARTER PLAN

This is a short experiment, not a promise of an outcome. Choose a daily or weekly check-in that works for you.

During the next 14 days, I will:

Take this one action:

Notice this one indicator:

Review what I learned on this date:

◆ SECTION 8: MY NEXT STEP

Decide whether you want to continue independently, connect with the free Scan to Thrive community, explore scan access, or seek personal coaching or medical guidance as appropriate.

The next step I choose for myself is:

One question I still want answered:

MY CLOSING COMMITMENT

Instead of continuing to guess, I will begin by:

Remember: ongoing, worsening, or unexplained exhaustion deserves medical evaluation. A voice scan does not diagnose illness or determine the cause of symptoms.