

BONUS 2

The Energy Reset Workbook



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Survival Exit Method

Decode your Body's Signals, Exit Survival Mode, Return to Life

THE ENERGY RESET WORKBOOK

30-DAY ENERGY RECOVERY JOURNAL

Track Your Energy.

Understand Your Burnout.

Rebuild Your Life—One Day at a Time.

**A Guided 30-Day Journal to Help You Discover What
Drains You, What Restores You, and How to Recover
Your Energy Naturally**

By Dr. Gianmario Governato

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Welcome

If you're holding this journal, chances are you're tired.

Not just "I need a vacation" tired.

You may feel like your battery never fully recharges.

Maybe you've started waking up exhausted.

Maybe weekends don't help anymore.

Perhaps you tell yourself:

"I'll rest when things calm down."

But somehow...

they never do.

You keep going because people depend on you.

Because responsibilities don't disappear.

Because you've always been the strong one.

Until one day, your body begins speaking louder than your willpower.

This journal was created for that moment.

Not to push you harder.

Not to ask you to become a different person.

But to help you notice what your body has been trying to tell you all along.

Why This Journal Is Different

Most journals ask one question:

"How do you feel today?"

That's useful.

But recovery requires something deeper.

Real recovery begins when you notice patterns.

You may believe your energy disappears randomly.

It doesn't.

Energy follows patterns.

Stress follows patterns.

Sleep follows patterns.

Emotions follow patterns.

Even burnout follows patterns.

The problem is that we rarely stop long enough to see them.

After several weeks, every day starts looking the same.

We forget which days were good.

We can't remember what helped.

We only remember that we're exhausted.

This journal changes that.

Little by little, you'll collect small pieces of information.

After thirty days, those small pieces become a map.

A map of your own energy.

Burnout Doesn't Happen Overnight

People often imagine burnout as a sudden collapse.

In reality, it's usually a slow process.

You adapt.

Then adapt again.

You ignore small warning signs.

You become accustomed to living slightly more tired.

Then slightly more anxious.

Then slightly less motivated.

You normalize constant tension.

Until eventually you forget what feeling well actually feels like.

That's why awareness matters.

You cannot recover from what you cannot see.

Your Goal Is Not Perfection

Forget perfect mornings.

Forget perfect routines.

Forget perfect meditation practices.

This journal asks only one thing:

Show up.

Two minutes.

Every day.

Some days you'll write one sentence.

Some days you'll write five.

Some days you'll simply circle a number.

That's enough.

Recovery grows through consistency — not intensity.

How to Use This Journal

Choose one moment each day.

Morning is ideal if you want to observe how you wake up.

Evening is ideal if you want to reflect on the entire day.

Either is perfectly fine.

Try to write at approximately the same time each day.

Don't overthink your answers.

Your first response is usually the most honest.

This isn't a test.

There are no right answers.

There is only observation.

What You'll Discover

During the next thirty days, you may begin noticing things you've never paid attention to before.

For example:

You may discover that one particular meeting drains more energy than an entire day of work.

You may realize that certain conversations leave you physically exhausted.

You may notice that poor sleep isn't always caused by sleeping too little—but by carrying too much emotional weight.

You may discover that your energy doesn't disappear after working.

It disappears after worrying.

Or after saying "yes" when you wanted to say "no."

Or after spending hours trying to meet impossible expectations.

These discoveries matter.

Because once you see them...

you can begin changing them.

The Five Areas You'll Track

Every day you'll observe five simple dimensions.

Physical Energy

How much fuel does your body actually have today?

Forget motivation.

How alive does your body feel?

Mental Clarity

Can you think clearly?

Or does your mind feel crowded, scattered, or foggy?

Emotional Load

Stress isn't only about events.

Sometimes it's about carrying emotions that never get released.

You'll learn to recognize that weight.

Recovery

Did your body have enough opportunity to recharge?

Not just sleep.

Recovery.

They're not always the same thing.

What Gives and Takes Energy

Perhaps the most important question in this journal.

Every single day you'll identify:

One thing that drained you.

One thing that restored you.

These two answers often reveal more than an entire psychological assessment.

A Small Promise

Please don't wait until you feel better before taking care of yourself.

Take care of yourself first.

Feeling better often comes afterward.

This journal won't solve every problem.

It isn't meant to.

Its purpose is something equally important:

To reconnect you with yourself.

To help you notice your body's language.

To transform vague exhaustion into clear understanding.

And understanding is where recovery begins.

Before You Begin

Take a deep breath.

Not because someone told you to.

But because this moment belongs entirely to you.

For the next thirty days, give yourself permission to observe instead of judge.

Curiosity instead of criticism.

Compassion instead of pressure.

You don't need to become someone new.

You simply need to come back to the person you've been too exhausted to hear.

Let's begin.

30 Days to Recover from Burnout Without Adding More to Your To-Do List

A Guided Program to Help You Understand Your Energy, Reduce Emotional Overload, and Feel Like Yourself Again

By Dr. Gianmario Governato

WELCOME

Before We Begin...

I'd like to ask you a simple question.

When was the last time you felt genuinely energized?

Not excited because something wonderful happened.

Not wired from too much coffee.

Not running on adrenaline.

I mean truly energized.

Calm.

Clear.

Present.

Able to enjoy the day without constantly thinking about everything that still needed to be done.

If you're struggling to remember, you're not alone.

Millions of people wake up every morning already tired.

They push through meetings.

They answer messages.

They take care of everyone else.

They cross things off endless to-do lists.

And every evening they promise themselves the same thing:

"Tomorrow I'll finally slow down."

Tomorrow becomes next week.

Next week becomes next month.

Eventually, exhaustion stops feeling temporary.

It becomes normal.

That is how burnout quietly enters people's lives.

Not through one dramatic event.

But through hundreds of ordinary days spent ignoring what the body has been trying to say.

Burnout Is More Than Being Tired

Many people believe burnout simply means having too much work.

It doesn't.

You can work hard without burning out.

You can also burn out without working long hours.

Burnout happens when the energy you spend is greater than the energy you recover.

Day after day.

Week after week.

Month after month.

Eventually, your body begins protecting itself.

Motivation disappears.

Concentration becomes difficult.

Sleep no longer restores you.

Small problems suddenly feel enormous.

Your patience becomes shorter.

Your joy becomes quieter.

This isn't weakness.

It's biology.

It's psychology.

It's your nervous system asking for help.

Your Body Is Not Your Enemy

One of the biggest mistakes people make is fighting their own symptoms.

They become angry with themselves.

"Why can't I handle this?"

"I used to be stronger."

"Everyone else seems fine."

But your body isn't trying to punish you.

It's trying to protect you.

Fatigue.

Brain fog.

Muscle tension.

Digestive problems.

Poor sleep.

Irritability.

Emotional numbness.

These aren't random failures.

They're messages.

This workbook will help you begin translating those messages.

Why This Workbook Exists

Most burnout advice tells you to do more.

Meditate.

Exercise.

Journal.

Sleep better.

Set boundaries.

Practice gratitude.

While all of those things can be helpful, they often become one more task on an already overwhelming list.

This workbook has a different goal.

Not to give you another job.

But to help you understand yourself.

Because once you understand your own patterns, change becomes much easier.

Two Minutes Can Change More Than Two Hours

You don't need long writing sessions.

You don't need perfect answers.

You don't even need to feel motivated.

All you need is curiosity.

For the next thirty days, you'll spend just a few minutes observing yourself.

Your energy.

Your stress.

Your recovery.

Your emotions.

Your body.

Little by little, a picture will begin to emerge.

By the end of this workbook, you'll know more about your own energy than you probably have in years.

A Promise

I cannot promise that thirty days will solve every problem.

Life will still be life.

Responsibilities won't disappear.

Stress won't vanish overnight.

But I can promise something else.

If you complete this workbook honestly, you'll stop guessing about your burnout.

You'll begin seeing it.

Understanding it.

And once you can see it, you can finally start changing it.

Let's begin.

1. Energy Recovery Score

2. Weekly Energy Dashboard

Physical Energy



Mental Clarity



Stress



Sleep



Joy



Recovery



3. Burnout Warning Signs Checklist

- I wake up already tired
- I lose patience easily
- My memory is worse
- Small decisions exhaust me
- I don't enjoy hobbies anymore
- I avoid people
- I get sick more often
- I feel guilty resting
- I don't remember the last time I felt peaceful

4. Weekly Coaching Pages

"What surprised me this week?"

"What drained me more than expected?"

"What deserves less of my energy?"

"What deserves more?"

5. Body Scan

6. Energy Habits Tracker

✓ Water

✓ Walk

✓ Sleep

✓ Breaks

✓ Silence

✓ Gratitude

✓ Boundaries

7. Emergency Reset

When Everything Feels Too Much

Step 1

Drink one glass of water.

Step 2

Take ten slow breaths.

Step 3

Go outside for five minutes.

Step 4

Ask:

"What do I actually need right now?"

ENERGY RECOVERY SCORE™

Measure Your Recovery Capacity

Before You Begin

This workbook isn't about measuring how exhausted you are.

It's about measuring something much more important:

How well are you recovering?

Many people assume recovery simply means sleeping more or taking a vacation.

Real recovery is much deeper.

It's your ability to restore physical energy, emotional balance, mental clarity, and resilience after the normal demands of everyday life.

Complete this assessment before starting the workbook.

Then complete it again on Day 30.

Don't try to remember your previous answers.

Simply answer honestly.

The goal isn't to get a perfect score.

The goal is to discover whether your capacity to recover is improving.

How to Answer

Circle one number for each statement.

0 = Never True

1 = Rarely True

2 = Sometimes True

3 = Often True

4 = Almost Always True

PHYSICAL RECOVERY

1

I usually wake up feeling physically restored.

0 1 2 3 4

2

Short periods of rest noticeably improve my energy.

0 1 2 3 4

3

My body feels capable of recovering after demanding days.

0 1 2 3 4

4

I notice tension in my body before it becomes overwhelming.

0 1 2 3 4

5

I respond to physical fatigue before reaching complete exhaustion.

0 1 2 3 4

MENTAL RECOVERY

6

I can mentally disconnect from work or responsibilities.

0 1 2 3 4

7

My mind regularly experiences moments of quiet.

0 1 2 3 4

8

After a stressful day, I can regain mental clarity.

0 1 2 3 4

9

I allow myself mental breaks without feeling guilty.

0 1 2 3 4

10

My attention naturally returns to the present moment.

0 1 2 3 4

EMOTIONAL RECOVERY

11

After difficult emotions, I eventually feel emotionally lighter.

0 1 2 3 4

12

I recognize what I'm feeling instead of simply pushing through.

0 1 2 3 4

13

I allow myself moments of genuine enjoyment without guilt.

0 1 2 3 4

14

I recover emotionally after conflicts or disappointments.

0 1 2 3 4

15

I treat myself with the same kindness I offer other people.

0 1 2 3 4

ENERGY MANAGEMENT

16

I notice when my energy begins to decline during the day.

0 1 2 3 4

17

I adjust my pace when my body asks for recovery.

0 1 2 3 4

18

I spend time doing activities that genuinely restore me.

0 1 2 3 4

19

I protect at least a small part of each day for myself.

0 1 2 3 4

20

I no longer believe that constant productivity equals personal worth.

0 1 2 3 4

Calculate Your Score

Add your points.

Physical Recovery

____ /20

Mental Recovery

____ /20

Emotional Recovery

____ /20

Energy Management

____ /20

Total Score

____ /80

What Your Score Means

0–20

Running on Empty

Your recovery system is struggling.

You may be functioning mostly through determination rather than restoration.

The goal during this workbook is not to push harder.

It's to rebuild your ability to recharge.

21–40

Recovering Inconsistently

You experience moments of recovery, but they aren't yet reliable.

Stress often consumes energy faster than you restore it.

This workbook will help you recognize where your recovery process breaks down.

41–60

Building Resilience

Your recovery capacity is improving.

Many healthy habits are already present, but they aren't yet consistent enough to fully protect your energy.

Continue strengthening the habits that genuinely restore you.

61–80

Sustainable Energy

Your nervous system has developed a strong capacity for recovery.

This doesn't mean life is stress-free.

It means you have learned how to replenish your energy before exhaustion becomes chronic.

Your goal now is to protect these habits over time.

Reflection

Before turning the page, answer these questions.

Which section received your highest score?

Which section surprised you the most?

If you could improve only one area during the next 30 days, which would it be?

Write one sentence describing how you hope to feel when you complete this workbook.

Day 30

Return to these pages after completing the workbook.

Complete the assessment again.

Do not compare individual answers.

Compare your overall experience.

Recovery is rarely dramatic.

Sometimes progress appears as:

- needing less effort to face the day
- recovering more quickly after stress
- feeling calmer
- noticing your body sooner
- protecting your energy more naturally

Even a small increase in your score represents something meaningful.

Because recovery isn't measured by perfection.

It's measured by your growing ability to return to yourself.

CHAPTER 1

Discovering Your Energy Baseline

You Can't Improve What You Don't Understand

Imagine trying to lose weight without ever stepping on a scale.

Or driving across the country without looking at a map.

That's what many people do with their energy.

They know they're exhausted.

But they have no idea why.

Recovery always starts with awareness.

Before changing anything, we first need to understand where you are today.

Not where you wish you were.

Not where you used to be.

Where you are right now.

This chapter will help you create your personal energy baseline.

Think of it as taking a snapshot of your current life.

There are no good scores or bad scores.

Only honest ones.

Energy Self-Assessment

Circle the number that best describes your experience during the last two weeks.

Physical Energy

I wake up feeling refreshed.

0 1 2 3 4 5 6 7 8 9 10

I have enough energy throughout the day.

0 1 2 3 4 5 6 7 8 9 10

My body feels healthy and resilient.

0 1 2 3 4 5 6 7 8 9 10

Mental Energy

I can focus without constantly becoming distracted.

0 1 2 3 4 5 6 7 8 9 10

My thoughts feel organized rather than chaotic.

0 1 2 3 4 5 6 7 8 9 10

I make decisions without feeling mentally overwhelmed.

0 1 2 3 4 5 6 7 8 9 10

Emotional Energy

I enjoy spending time with other people.

0 1 2 3 4 5 6 7 8 9 10

I recover emotionally after stressful situations.

0 1 2 3 4 5 6 7 8 9 10

I still experience moments of joy during an ordinary week.

0 1 2 3 4 5 6 7 8 9 10

Recovery

Sleep restores me.

0 1 2 3 4 5 6 7 8 9 10

Rest actually helps me feel better.

0 1 2 3 4 5 6 7 8 9 10

Weekends improve my energy.

0 1 2 3 4 5 6 7 8 9 10

Reflection

Take a moment before moving on.

What surprised you most?

Which area feels strongest today?

Which area worries you most?

Your Personal Energy Story

Complete these sentences without overthinking.

Right now my life feels...

The biggest source of pressure in my life is...

The thing I miss most about my old self is...

When I imagine feeling healthy again, I picture myself...

Energy Leaks

Most people know they're tired.

Few people know exactly why.

Let's begin identifying your biggest energy leaks.

Place a check next to everything that regularly drains your energy.

- Overthinking
- Constant responsibility
- Poor sleep
- Difficult relationships
- Conflict
- People-pleasing
- Perfectionism
- Financial stress
- Caregiving

- Parenting
- Health concerns
- Social media
- Information overload
- Feeling guilty when resting
- Never saying no
- Trying to control everything
- Worrying about the future
- Regret about the past
- Loneliness
- Feeling misunderstood
- Lack of purpose
- Other:

Energy Builders

Now identify the things that genuinely refill your energy.

Not what should help.

What actually helps.

- Walking
- Nature
- Reading
- Music
- Prayer
- Meditation
- Exercise
- Silence
- Good conversations
- Creativity
- Laughter
- Animals
- Gardening
- Cooking
- Swimming
- Traveling
- Sleeping

- Being alone
- Family
- Friends
- Other:

Your First Insight

Read both lists again.

One question often changes everything.

**Have I been spending more time with my energy leaks...
than with my energy builders?**

Don't answer quickly.

Sit with that question for a moment.

Because your answer may explain more about your burnout
than anything you've read so far.

Tomorrow we'll begin observing your daily patterns.

And that's where your real recovery starts.

CHAPTER 2

Becoming an Energy Detective

Your Energy Leaves Clues Every Day

Have you ever reached the end of the day and thought:

"I didn't even do that much today... so why am I completely exhausted?"

It's one of the most common questions people ask when they're approaching burnout.

They assume that energy is spent only through physical activity.

But that's only part of the story.

In reality, your brain, your emotions, and your nervous system are constantly using energy—even when your body is sitting still.

You can spend an entire afternoon at your desk and feel more exhausted than someone who spent the day hiking.

Why?

Because emotional effort is real effort.

Mental overload is real work.

Invisible stress is still stress.

One difficult conversation.

One hour of worrying.

One unresolved conflict.

One decision you've been postponing for weeks.

Each one quietly withdraws energy from your internal battery.

Your goal over the next few days is to become curious.

Not critical.

Curious.

Instead of asking,

"Why am I so tired?"

begin asking,

"Where did my energy actually go today?"

That simple question can completely change the way you understand burnout.

The Hidden Cost of Everyday Life

Most people notice the big events.

A major deadline.

An argument.

A sleepless night.

A family emergency.

Those are obvious.

But burnout is usually created by something much smaller.

Tiny withdrawals.

Repeated hundreds of times.

Answering messages before getting out of bed.

Skipping lunch.

Working while eating.

Saying "yes" when your whole body wanted to say "no."

Thinking about work while trying to relax.

Checking your phone every five minutes.

Feeling responsible for everyone's emotions.

These moments seem insignificant.

Together, they become exhausting.

Think of your energy as money in a bank account.

Most people notice large expenses.

Very few notice dozens of tiny subscriptions quietly draining their account every month.

Burnout works the same way.

Energy Is More Than Physical

Imagine your energy as four connected batteries.

When one battery becomes depleted, the others begin compensating.

Eventually, they become exhausted too.

Physical Energy

This is the energy most people think about first.

Sleep.

Nutrition.

Movement.

Illness.

Pain.

Hormones.

Your body is your foundation.

When physical energy is low, everything else requires more effort.

Mental Energy

Every decision costs energy.

Every interruption costs energy.

Every unfinished task quietly occupies space in your mind.

Sometimes people don't feel physically tired.

They feel mentally crowded.

That's mental fatigue.

Emotional Energy

Emotions require energy too.

Holding back tears.

Suppressing anger.

Pretending you're okay.

Trying not to disappoint people.

Carrying everyone else's problems.

Emotional labor is invisible.

But your nervous system feels every bit of it.

Meaning Energy

This is the battery most people never think about.

Purpose.

Connection.

Curiosity.

Hope.

When life feels meaningful, difficult days become easier to carry.

When meaning disappears, even simple tasks become exhausting.

Sometimes people aren't physically burned out.

They're spiritually disconnected.

Exercise: Where Does Your Energy Go?

Think about yesterday.

Not your entire week.

Just yesterday.

Estimate how much of your energy went into each area.

Physical effort

_____ %

Mental effort

_____ %

Emotional effort

_____ %

Worrying

_____ %

Enjoyment

_____ %

Recovery

_____ %

Connection with others

_____ %

Connection with yourself

_____ %

What surprises you?

The Difference Between Being Busy and Being Drained

Being busy doesn't automatically create burnout.

Many people have full lives and still feel energized.

The difference often lies in one question:

Does this activity give me something back?

Some activities consume energy but also create satisfaction.

Learning.

Creating.

Helping.

Playing.

Walking in nature.

Spending time with people you love.

Other activities only consume.

Endless worrying.

Conflict.

Perfectionism.

People-pleasing.

Overthinking.

Comparing yourself to others.

Your task isn't to eliminate effort from your life.

That's impossible.

Your task is to notice which efforts nourish you...

and which only empty you.

Energy Detective Exercise

Throughout the next 24 hours, become an observer.

Every few hours, pause for just thirty seconds and ask yourself:

Right now...

Do I feel more energized than I did one hour ago?

☐ Yes

☐ No

If not...

What happened?

Who was I with?

What was I thinking about?

Was I working...

or worrying?

How does my body feel?

☐ Relaxed

☐ Tight

☐ Heavy

☐ Restless

☐ Calm

☐ Alert

Small Clues Matter

Don't ignore little changes.

A sigh.

A tense jaw.

A headache.

An upset stomach.

The urge to eat without being hungry.

The inability to concentrate.

These are not random inconveniences.

They're information.

Your body constantly tells the truth.

Long before your mind is ready to listen.

Reflection

Complete these sentences.

Today I discovered that I lose energy when...

I feel unexpectedly better when...

One habit that quietly drains me every day is...

One habit that quietly restores me is...

A New Question

For years you've probably asked yourself:

"Why am I so exhausted?"

I'd like you to replace that question with a better one.

Every evening, ask:

What earned my energy today?

Not everything deserves your energy.

Not every request deserves your attention.

Not every problem deserves your worry.

Your energy is one of the most valuable resources you have.

The purpose of this workbook isn't simply to help you recover it.

It's to help you spend it wisely.

Tomorrow we'll begin exploring one of the greatest hidden causes of burnout:

The emotional weight we carry without even realizing it.

CHAPTER 3

The Invisible Weight You Carry

Why Emotional Load Drains More Energy Than You Realize

Imagine carrying a backpack.

At first, it feels light.

You barely notice it.

Then someone places one more book inside.

Still manageable.

Another book.

Another.

Another.

Hour after hour, mile after mile, the backpack becomes heavier—not because of one large object, but because of many small ones.

Emotional overload works exactly the same way.

Very few people burn out because of one terrible day.

Most burn out because they quietly carry too much for too long.

Responsibilities.

Expectations.

Unfinished conversations.

Worry.

Disappointment.

Guilt.

Pressure.

The needs of other people.

The expectations you place on yourself.

None of these weighs anything.

Yet together, they can become almost unbearable.

Stress Is Not Always the Problem

This may surprise you.

Stress itself isn't necessarily harmful.

Your body was designed to handle stress.

It can respond to challenges.

Recover.

Adapt.

Grow stronger.

The real problem begins when stress has no ending.

When your nervous system never receives the message:

"You're safe now."

You finish one task...

and immediately begin thinking about the next.

You leave work...

but work never leaves your mind.

You lie down to sleep...

but your brain continues solving tomorrow's problems.

Your body is resting.

Your nervous system isn't.

Recovery becomes impossible.

The Hidden Forms of Emotional Labor

Many people believe emotional exhaustion only comes from sadness.

It doesn't.

Emotional labor has many faces.

Sometimes it looks like:

Being the strong one.

Being the responsible one.

Being the peacemaker.

Being the caregiver.

Being the one who never complains.

Being the person everyone depends on.

Being available all the time.

Being afraid of disappointing people.

These roles often become so familiar that we stop noticing how much energy they require.

You don't question them.

You simply live them.

Until one day, your body asks a question your mind has avoided:

"Who's taking care of you?"

Carrying Other People's Emotions

Have you ever walked into a room and immediately sensed that something was wrong?

Have you found yourself absorbing other people's anxiety?

Do you leave certain conversations feeling strangely exhausted?

If so, you're not imagining it.

Some people naturally carry a great deal of emotional awareness.

This can become a beautiful strength.

It can also become an enormous burden.

Especially when compassion quietly turns into responsibility.

There is an important difference.

Compassion says:

"I care about your pain."

Responsibility says:

"Your pain is now my job."

One creates connection.

The other creates exhaustion.

The Cost of Constant Control

Many exhausted people share one hidden belief:

"If I stay in control, everything will be okay."

So they prepare.

Plan.

Check.

Recheck.

Anticipate problems.

Prevent mistakes.

Think ahead.

Monitor everyone else's needs.

Control creates the illusion of safety.

But maintaining control requires tremendous energy.

Ask yourself:

What would happen if everything were not perfect?

Would the world collapse?

Or would something simply remain unfinished?

Exercise: What Are You Carrying?

Without thinking too much, complete the sentences below.

Right now, I feel responsible for...

The person I worry about most is...

The situation that occupies my mind most often is...

One problem I keep trying to solve, even though I can't control it, is...

Your Emotional Backpack

Read each statement.

Place a check beside every sentence that feels true.

- ☐ I feel guilty when I rest.
- ☐ I worry about things before they happen.
- ☐ I replay conversations in my head.
- ☐ I feel responsible for other people's happiness.
- ☐ I rarely ask for help.
- ☐ I don't want to disappoint anyone.
- ☐ I often hide how tired I really am.
- ☐ I believe I should be able to handle everything.
- ☐ I struggle to switch off mentally.
- ☐ I feel guilty saying no.
- ☐ I put myself last.

- I feel responsible even when no one asked me to be.
- I often feel emotionally "full."
- I don't remember the last time I felt completely relaxed.

Take a moment.

How many boxes did you check?

There is no score.

Only awareness.

What Is Actually Yours?

Now imagine placing every responsibility you're carrying onto a large table.

Look at each one.

Ask yourself three questions.

Can I control this?

Yes / No

Can I influence this?

Yes / No

Does this truly belong to me?

Yes / No

Many people discover something surprising.

They've been carrying responsibilities that were never theirs to carry.

A Gentle Experiment

Tomorrow, choose just one small burden to put down.

Not forever.

Just for one day.

Perhaps you won't answer every message immediately.

Perhaps you'll ask someone else for help.

Perhaps you'll allow someone to solve their own problem.

Notice what happens.

Does guilt appear?

Does anxiety increase?

Or do you discover that the world keeps turning?

Sometimes recovery begins not by doing more...

but by carrying less.

Reflection

Complete these sentences honestly.

The heaviest thing I'm carrying right now is...

One responsibility that may not truly belong to me is...

If I stopped trying to control everything, I fear that...

If I trusted life just a little more, perhaps I could...

A Letter From Your Nervous System

If your nervous system could speak, it might say something like this:

"I'm not asking you to become less caring."

"I'm asking you to stop carrying what was never yours."

"I'm not asking you to love people less."

"I'm asking you to remember that you exist too."

"I'm not asking you to abandon responsibility."

"I'm asking you to leave room for recovery."

Read those words slowly.

Not because they are profound.

But because they may be true.

Before You Turn the Page

One of the greatest myths about burnout is that exhausted people don't care enough.

The opposite is usually true.

They care too much.

About too many things.

For too many people.

For too long.

Recovery doesn't begin when you stop caring.

It begins when you learn the difference between caring...

and carrying.

Tomorrow, we'll explore another hidden source of burnout — why saying "yes" too often can slowly teach your body to say "no" for you.

CHAPTER 4

The Power of One Small "No"

Why Boundaries Protect Your Energy

Take a moment and think about this question.

How many times did you say "yes" today when you really wanted to say "no"?

Perhaps it wasn't even spoken out loud.

Maybe it sounded like:

"Sure, I can do that."

"Don't worry, I'll take care of it."

"It's okay, I'll stay a little longer."

"I'll handle it."

"I don't mind."

But inside...

your body already knew the truth.

Every unnecessary "yes" costs energy.

Sometimes only a little.

Sometimes a great deal.

One "yes" is rarely the problem.

Hundreds of automatic "yeses" become the life that exhausts you.

Boundaries Are Not Walls

Many people misunderstand boundaries.

They imagine becoming cold.

Selfish.

Unavailable.

Unkind.

Healthy boundaries are none of those things.

A boundary is simply a clear understanding of where you end and someone else begins.

It allows kindness without self-abandonment.

Generosity without resentment.

Compassion without exhaustion.

Think of the windows in your home.

They let light in.

Fresh air flows through them.

But when a storm arrives, you close them.

No one would call that selfish.

You are simply protecting your home.

Your emotional life deserves the same care.

Why Saying "No" Feels So Difficult

If saying "no" were easy, you probably wouldn't need this chapter.

For many people, saying "yes" has very little to do with the request itself.

It has everything to do with what they fear.

Some fear conflict.

Others fear rejection.

Some fear disappointing people.

Others fear appearing lazy.

Some worry that they won't be loved if they stop being useful.

Over time, the nervous system learns a dangerous equation:

Acceptance = Self-Sacrifice

The more you give...

the safer you feel.

Until giving becomes your identity.

Then one day your body quietly begins asking:

"What about me?"

The Difference Between Helping and Saving

Helping is healthy.

Saving is exhausting.

Helping says:

"I'll walk beside you."

Saving says:

"I'll carry you."

Helping respects another person's strength.

Saving often assumes responsibility for another person's life.

Helping creates connection.

Saving creates depletion.

The question isn't whether you should help others.

The question is:

How much of yourself disappears every time you do?

Your Energy Has a Budget

Imagine receiving \$100 every morning.

That's your energy.

Everything you do costs something.

A difficult meeting may cost \$15.

Arguing with someone might cost \$25.

Overthinking yesterday's conversation might quietly spend another \$20.

Scrolling through negative news for an hour may cost another \$10.

Now imagine giving away \$90 before noon.

How much remains for yourself?

Energy works exactly the same way.

The goal isn't to spend nothing.

The goal is to spend intentionally.

Exercise: Your Daily Energy Budget

Think about yesterday.

Estimate how much energy each area received.

Work

_____ %

Family

_____ %

Household Responsibilities

_____ %

Worry

_____ %

Technology

_____ %

Other People's Needs

_____ %

Your Own Well-Being

_____ %

Joy

_____ %

Rest

_____ %

What do you notice?

If someone looked at these numbers, what would they assume matters most in your life?

Boundary Check

Read each statement carefully.

Circle the ones that feel true.

- I answer messages immediately, even when I'm tired.
- I apologize for needing rest.
- I often explain my decisions more than necessary.
- I struggle when someone is disappointed with me.
- I often take responsibility before anyone asks.
- I say "yes" to avoid uncomfortable conversations.
- I feel guilty relaxing while others are working.
- I rarely ask myself what I actually want.
- I feel selfish when I protect my own time.
- I often finish the day having cared for everyone except myself.

Now pause.

How many of these describe your daily life?

A Different Way to Think About Boundaries

Many people ask,

"How can I say no without hurting someone?"

Perhaps a better question is:

"How can I keep saying yes to everyone without hurting myself?"

One question protects other people's comfort.

The other protects your health.

Both matter.

But if you always sacrifice one for the other, your body eventually pays the price.

Practice One Gentle Boundary

Tomorrow, choose one situation where you normally respond automatically.

Before answering...

Pause.

Take one slow breath.

Ask yourself:

Do I truly have the energy for this today?

If the answer is yes...

say yes wholeheartedly.

If the answer is no...

consider one of these responses.

"I'd like to help, but I can't today."

"I need some time before I answer."

"I'm not available right now."

"I won't be able to do that."

Notice something important.

None of these responses are rude.

They are honest.

Honesty is one of the healthiest boundaries you can build.

Reflection Exercise

Complete these sentences.

The hardest person for me to say "no" to is...

The reason is...

When I say yes against my own needs, my body usually responds by...

One boundary that would immediately improve my energy is...

The first small step I can take this week is...

A Conversation With Yourself

Imagine meeting your younger self.

The version of you before life became so demanding.

Before responsibilities multiplied.

Before exhaustion became normal.

What advice would that younger version give you today?

Write freely.

Now imagine that younger version asking you one simple question:

"Why are you always the last person you take care of?"

Don't rush to answer.

Sometimes the questions that make us uncomfortable are the ones that help us heal.

Before You Turn the Page

Burnout rarely begins because people don't care.

More often, it begins because they forget that they matter too.

Every healthy boundary sends the same message to your nervous system:

"My needs are important."

"Rest is not a reward."

"I don't have to earn the right to recover."

Tomorrow you'll discover something equally important.

Recovery isn't only about removing what drains your energy.

It's also about intentionally rebuilding what gives you life.

That's where lasting change begins.

CHAPTER 5

Filling Your Energy Bank

Recovery Is Not Something That Happens to You

Most people think recovery begins when life becomes less stressful.

"Once this project is over..."

"Once the kids are older..."

"Once I take a vacation..."

"Once things calm down..."

But if you've been waiting for the perfect moment, you've probably noticed something.

Life doesn't stay calm for very long.

There is always another responsibility.

Another email.

Another unexpected problem.

Another person who needs something from you.

If your recovery depends on life becoming easier, you may spend years waiting.

Real recovery begins when you learn to restore your energy while life is still happening.

Not after.

During.

Think Like a Banker

Imagine that your energy is stored in a bank account.

Every day you make withdrawals.

Working.

Thinking.

Driving.

Parenting.

Solving problems.

Making decisions.

Caring for others.

All of these cost energy.

There is nothing wrong with that.

The problem begins when you only withdraw and never make deposits.

Eventually, even a healthy account becomes empty.

Burnout isn't always caused by too many withdrawals.

Sometimes it's caused by too few deposits.

The Myth of the Big Vacation

Many people dream of taking a week off.

They imagine lying on a beach, sleeping late, doing absolutely nothing.

Vacations can be wonderful.

But here's something interesting.

Many people return from vacation feeling better...
for about three days.

Then they fall back into exactly the same patterns.

Why?

Because burnout isn't created in one week.

It is created by daily habits.

Recovery works the same way.

It's built through small daily deposits—not occasional rescue missions.

What Is an Energy Deposit?

An energy deposit is anything that genuinely restores you.

Not distracts you.

Not numbs you.

Restores you.

There's a difference.

Scrolling through social media may distract you.

Watching television may help you escape.

Shopping online may temporarily improve your mood.

But restoration is different.

After a true energy deposit, you feel lighter.

Clearer.

More present.

More yourself.

The Five Types of Energy Deposits

1. Physical Deposits

These support your body.

Examples include:

- Sleeping enough.
- Drinking water.
- Stretching.
- Walking.
- Nourishing meals.
- Deep breathing.
- Gentle movement.

Small actions repeated consistently matter more than occasional perfection.

2. Emotional Deposits

These reduce the emotional weight you carry.

Examples include:

- Crying when you need to.
- Talking with someone you trust.
- Laughing.
- Allowing yourself to feel instead of suppressing emotions.
- Writing honestly.

Emotions that are acknowledged often become lighter.

Emotions that are buried usually become heavier.

3. Mental Deposits

Your brain also needs recovery.

Examples include:

- Quiet moments.
- Reading something inspiring.

- Solving one problem at a time.
- Taking short breaks.
- Spending time without constant notifications.

Mental space is not wasted time.

It is where clarity returns.

4. Relational Deposits

Some people give you energy.

Others quietly take it away.

Think about the people who make you feel accepted.

The people with whom you don't have to perform.

The people who allow you to exhale.

Time with those people is an investment in your health.

5. Meaning Deposits

Perhaps the most powerful of all.

Meaning creates energy.

Doing something aligned with your values.

Creating.

Learning.

Helping without losing yourself.

Being in nature.

Praying.

Meditating.

Listening to music that moves you.

Watching the sunrise.

Holding your grandchild.

Walking your dog.

Meaning reminds your nervous system that life is more than surviving.

Exercise: Your Personal Energy Deposits

Read the list below.

Place a star ★ beside the activities that genuinely restore you.

Then circle the three that are easiest to include in your daily life.

- Walking
- Reading
- Music
- Prayer
- Meditation
- Gardening
- Swimming
- Cooking
- Painting
- Photography
- Writing
- Dancing
- Stretching
- Deep breathing
- Talking with a friend
- Playing with children
- Spending time with animals
- Sitting in silence

- Watching the sunset
- Being in nature
- Other:

Now answer this question.

When was the last time you intentionally chose one of these activities?

Recovery Doesn't Need to Be Expensive

One of the most common excuses is:

"I don't have time."

The second is:

"I can't afford it."

Fortunately, most powerful forms of recovery cost nothing.

Five minutes of silence.

A slow walk.

Looking at the sky.

Breathing deeply before entering your home.

Drinking water without rushing.

Listening to your favorite song with your full attention.

Calling someone who makes you smile.

Recovery is often simpler than we imagine.

The challenge isn't finding recovery.

It's giving ourselves permission to experience it.

The Two-Minute Reset

Today, I'd like you to try something.

Just once.

Set a timer for two minutes.

During those two minutes:

Do nothing.

No phone.

No planning.

No solving problems.

No multitasking.

Simply breathe.

Notice your body.

Notice your shoulders.

Notice your jaw.

Notice your breathing.

Notice how often your mind tries to pull you away.

You don't need to stop your thoughts.

Simply notice them.

Sometimes recovery begins with two minutes of awareness.

Your Personal Energy Menu

Imagine that your energy were food.

You wouldn't eat the same meal every day.

Recovery works the same way.

Create your own "Energy Menu."

Choose activities for different amounts of available time.

If I only have 2 minutes...

If I have 10 minutes...

If I have 30 minutes...

If I have one free hour...

If I have a whole afternoon...

Now your recovery doesn't depend on having the perfect amount of time.

You already have options.

Reflection

Complete these sentences.

The activity that restores me most quickly is...

The activity I stopped doing because life became too busy is...

One small energy deposit I could make every day is...

What keeps me from doing it?

Is that obstacle real...

or has it become a habit?

Your Promise to Yourself

Finish this sentence.

Beginning tomorrow...

I will protect at least _____ minutes every day for my own recovery.

I choose this because...

Sign your name.

Date

A promise written down is harder to ignore.

Before You Turn the Page

Imagine watering a plant once every three months.

No matter how beautiful the pot...

no matter how much sunlight it receives...

it will eventually begin to fade.

People are no different.

Recovery is not selfish.

It is maintenance.

It is nourishment.

It is how you remain capable of loving, working, creating, and giving without slowly disappearing in the process.

Tomorrow we'll explore one final and often overlooked truth:

Recovery isn't about becoming the person you used to be.

It's about becoming the healthiest version of who you are now.

CHAPTER 6

You Don't Need Your Old Life Back

You Need a New Relationship with Your Energy

There is a sentence I hear over and over again from people recovering from burnout.

"I just want to be the person I used to be."

It's a completely understandable wish.

You remember a version of yourself who had more enthusiasm.

More patience.

More motivation.

More joy.

You remember waking up with ideas.

Feeling curious.

Making plans.

Laughing more easily.

You want that person back.

But what if that isn't the real goal?

What if the version of you that burned out wasn't actually healthy?

What if that person was generous...

but gave too much?

Responsible...

but carried too much?

Strong...

but never allowed themselves to rest?

Productive...

but disconnected from their own needs?

Perhaps burnout isn't asking you to return to your old life.

Perhaps it's asking you to build a better one.

Burnout Changes the Questions

Before burnout, many people ask questions like:

"How can I do more?"

"How can I become more productive?"

"How can I keep everyone happy?"

After burnout, different questions become more important.

"What truly matters?"

"What is worth my energy?"

"What kind of life allows me to stay healthy?"

This shift is not a loss.

It's growth.

Burnout often strips away what is unnecessary.

Not because life becomes easier...

but because your nervous system can no longer afford what doesn't truly matter.

The Difference Between Performance and Presence

For many years, you may have measured yourself by performance.

How much you accomplished.

How many people you helped.

How efficient you were.

How productive your day looked.

Those things have value.

But they are not the whole story.

Presence asks different questions.

Was I really here today?

Did I notice my life?

Did I enjoy anything?

Did I breathe deeply?

Did I listen?

Did I laugh?

Did I allow myself one peaceful moment?

A productive day without presence often leaves people feeling strangely empty.

A meaningful day may include fewer achievements...

but much more life.

Success Without Energy Isn't Success

Imagine achieving everything on your list...

while feeling exhausted every evening.

Would you truly call that success?

Now imagine accomplishing a little less...

but having enough energy to enjoy dinner with your family.

To read.

To take a walk.

To sleep peacefully.

To wake up without dread.

Which life feels richer?

Burnout gently asks us to redefine success.

Perhaps success is not doing more.

Perhaps success is having enough energy left to enjoy the life you're building.

Exercise: Redefining Success

Complete these sentences honestly.

For many years, I believed success meant...

Today, I think success could also mean...

If I had enough energy again, I would spend more time...

I would spend less time...

The Life Audit

Take a slow look at the different areas of your life.

For each one, ask yourself:

Does this give me energy...

or mainly take it away?

Work

- ☐ Mostly Gives
- ☐ Mostly Takes

Why?

Relationships

- Mostly Give

- Mostly Take

Why?

Family Responsibilities

- Mostly Give

- Mostly Take

Why?

Technology

- Mostly Gives

- Mostly Takes

Why?

Your Home Environment

- Mostly Gives

□ Mostly Takes

Why?

Your Daily Routine

□ Mostly Gives

□ Mostly Takes

Why?

Your Inner Dialogue

□ Mostly Gives

□ Mostly Takes

Why?

Now step back.

What pattern do you notice?

Small Changes Create New Lives

Many people wait for dramatic transformations.

A new job.

A new city.

A new relationship.

A long vacation.

Sometimes those changes are necessary.

Often they are not.

Most lasting recovery begins with surprisingly small decisions.

Going to bed thirty minutes earlier.

Walking after lunch.

Turning off notifications.

Saying "I'll think about it" instead of automatically saying yes.

Eating without looking at a screen.

Asking for help.

Leaving work on time once a week.

Choosing silence instead of constant stimulation.

Tiny choices.

Repeated consistently.

These are the bricks that build a new life.

Your Energy Vision

Close your eyes for a moment.

Imagine that six months have passed.

You have protected your energy.

You've practiced healthier boundaries.

You've made small deposits into your energy bank every day.

You haven't become perfect.

But you've become healthier.

Picture yourself.

How do you wake up?

How does your body feel?

How do you respond to stress?

How do the people around you notice the difference?

What are you doing that you're not doing today?

Take your time.

This isn't fantasy.

It's direction.

Your New Personal Rules

Choose five statements that you want to become part of your daily life.

- ☐ Rest is productive.
- ☐ My value is not measured by how much I do.
- ☐ I can care without carrying everything.
- ☐ Saying no protects my yes.
- ☐ Recovery deserves a place in my schedule.
- ☐ My body is my partner, not my enemy.

- Progress matters more than perfection.
- I don't have to earn rest.
- My energy is precious.
- I deserve the same compassion I offer others.

Now write the one that speaks to you most strongly.

A Letter From Your Future Self

Imagine yourself one year from today.

Healthier.

Calmer.

More balanced.

Still facing life's challenges...

but no longer living in constant survival mode.

What would that future version of you want to say to the person reading this page today?

Write without editing.

Before You Continue

You may have noticed something important.

This workbook has rarely asked you to become stronger.

Or tougher.

Or more disciplined.

Instead, it has invited you to become more aware.

More honest.

More compassionate.

Because burnout is rarely healed by forcing yourself forward.

It is healed by learning how to walk differently.

The next chapter will help you bring everything together.

You'll look back over the past thirty days, recognize the patterns you've uncovered, and create a realistic recovery plan that you can continue long after this workbook is finished.

Your recovery isn't ending.

It's just becoming part of the way you live.

CHAPTER 7

What Your Burnout Has Been Trying to Tell You

Sometimes the Symptom Is Not the Problem

You've reached the final chapter.

Take a moment before reading on.

Think back to the first page of this workbook.

How did you feel when you began?

Confused?

Overwhelmed?

Skeptical?

Desperate for change?

Perhaps all of the above.

Now pause for a moment.

You are not the same person who opened this workbook.

Your circumstances may not have changed dramatically.

Your job may be the same.

Your responsibilities may still be waiting.

Life may still be imperfect.

But something important has changed.

You have started paying attention.

And awareness changes everything.

Your Body Never Wanted to Stop You

Many people believe their body betrayed them.

"My body failed me."

"My mind stopped working."

"I lost my motivation."

But what if your body wasn't working against you?

What if it was working for you?

Imagine driving a car.

A warning light suddenly appears on the dashboard.

You have two choices.

You can cover the light with tape...

or you can stop long enough to discover why it appeared.

Most people would never blame the warning light.

It isn't the problem.

It's the messenger.

Your exhaustion has been doing exactly the same thing.

Your anxiety.

Your brain fog.

Your poor sleep.

Your irritability.

Your emotional numbness.

Perhaps they weren't trying to ruin your life.

Perhaps they were trying to save it.

Burnout Is Often a Conversation

For thirty days you've tracked your energy.

Your emotions.

Your recovery.

Your habits.

Your relationships.

Your boundaries.

Now ask yourself a different question.

Not:

"How do I get rid of burnout?"

Instead ask:

"What has burnout been trying to teach me?"

Maybe it has been saying:

Slow down.

Ask for help.

Stop carrying everyone.

Rest before you collapse.

Stop trying to earn your worth.

Choose yourself sometimes.

Live more honestly.

Listen to your body.

Every person's answer is different.

There is no universal message.

Only your message.

Looking Back

Read these questions slowly.

Write whatever comes to mind.

The biggest lesson I learned during these thirty days is...

The habit that drained me most was...

The surprise that changed my perspective was...

I now understand that my body was trying to tell me...

What Will Stay With You?

Knowledge changes very little.

Practice changes everything.

Choose three discoveries from this workbook that you refuse to forget.

Discovery One

Discovery Two

Discovery Three

Now ask yourself:

How will I remind myself of these every week?

Your Personal Recovery Manifesto

Complete each sentence.

From today forward...

I will protect my energy by...

I will treat my body with...

I will speak to myself with...

I will remember that...

I will no longer believe that...

I give myself permission to...

Sign your name.

Today's date

One Final Exercise

Close your eyes.

Imagine meeting yourself one year from now.

Not a perfect version.

A healthier version.

One who smiles more often.

Sleeps more deeply.

Breathes more slowly.

Feels less guilty.

Lives with greater intention.

Ask that future version one question.

"What was the turning point?"

Listen carefully.

Write the answer exactly as it comes.

A Final Thought

Recovery is rarely dramatic.

Most people never experience one magical morning when everything suddenly feels different.

Instead...

they notice something small.

They wake up with a little more energy.

They laugh more easily.

They stop apologizing for resting.

They enjoy dinner without thinking about tomorrow.

They sleep through the night.

They begin saying no without feeling guilty.

One day they realize...

they haven't merely recovered.

They've changed.

Not because they became someone else.

But because they finally returned to themselves.

Before You Go...

If this workbook helped you notice patterns you had never seen before...

remember this:

Understanding your energy is only the beginning.

Behind every symptom there is often a story.

Behind every story there are beliefs, emotions, relationships, losses, expectations, and experiences that quietly shape the way your body responds to life.

Learning to restore your energy is an essential first step.

Understanding why your energy became depleted in the first place can become the next.

Whatever path you choose from here, keep listening to your body.

It has been speaking to you all along.

And now...

perhaps for the first time...

you're beginning to understand its language.

Thank you for allowing me to walk beside you on this journey.

I wish you health, courage, and the quiet confidence that comes from living in harmony with your own energy.

Dr. Gianmario Governato

1. Energy Recovery Score

2. Weekly Energy Dashboard

Physical Energy



Mental Clarity



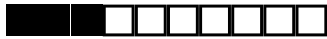
Stress



Sleep



Joy



Recovery



3. Burnout Warning Signs Checklist

- ☐ I wake up already tired
- ☐ I lose patience easily
- ☐ My memory is worse
- ☐ Small decisions exhaust me
- ☐ I don't enjoy hobbies anymore
- ☐ I avoid people
- ☐ I get sick more often
- ☐ I feel guilty resting
- ☐ I don't remember the last time I felt peaceful

4. Weekly Coaching Pages

"What surprised me this week?"

"What drained me more than expected?"

"What deserves less of my energy?"

"What deserves more?"

5. Body Scan

6. Energy Habits Tracker

✓ Water

✓ Walk

✓ Sleep

✓ Breaks

✓ Silence

✓ Gratitude

✓ Boundaries

7. Emergency Reset

When Everything Feels Too Much

Step 1

Drink one glass of water.

Step 2

Take ten slow breaths.

Step 3

Go outside for five minutes.

Step 4

Ask:

"What do I actually need right now?"

DAY 30.....

Now.....Return to these pages after completing the workbook.

Complete the assessment again.

Do not compare individual answers.

Compare your overall experience.

Recovery is rarely dramatic.

Sometimes progress appears as:

- needing less effort to face the day
- recovering more quickly after stress
- feeling calmer
- noticing your body sooner
- protecting your energy more naturally

Even a small increase in your score represents something meaningful.

Because recovery isn't measured by perfection.

It's measured by your growing ability to return to yourself :

ENERGY RECOVERY SCORE™

Measure Your Recovery Capacity

Before You Begin

This workbook isn't about measuring how exhausted you are.

It's about measuring something much more important:

How well are you recovering?

Many people assume recovery simply means sleeping more or taking a vacation.

Real recovery is much deeper.

It's your ability to restore physical energy, emotional balance, mental clarity, and resilience after the normal demands of everyday life.

Complete this assessment before starting the workbook.

Then complete it again on Day 30.

Don't try to remember your previous answers.

Simply answer honestly.

The goal isn't to get a perfect score.

The goal is to discover whether your capacity to recover is improving.

How to Answer

Circle one number for each statement.

0 = Never True

1 = Rarely True

2 = Sometimes True

3 = Often True

4 = Almost Always True

PHYSICAL RECOVERY

1

I usually wake up feeling physically restored.

0 1 2 3 4

2

Short periods of rest noticeably improve my energy.

0 1 2 3 4

3

My body feels capable of recovering after demanding days.

0 1 2 3 4

4

I notice tension in my body before it becomes overwhelming.

0 1 2 3 4

5

I respond to physical fatigue before reaching complete exhaustion.

0 1 2 3 4

MENTAL RECOVERY

6

I can mentally disconnect from work or responsibilities.

0 1 2 3 4

7

My mind regularly experiences moments of quiet.

0 1 2 3 4

8

After a stressful day, I can regain mental clarity.

0 1 2 3 4

9

I allow myself mental breaks without feeling guilty.

0 1 2 3 4

10

My attention naturally returns to the present moment.

0 1 2 3 4

EMOTIONAL RECOVERY

11

After difficult emotions, I eventually feel emotionally lighter.

0 1 2 3 4

12

I recognize what I'm feeling instead of simply pushing through.

0 1 2 3 4

13

I allow myself moments of genuine enjoyment without guilt.

0 1 2 3 4

14

I recover emotionally after conflicts or disappointments.

0 1 2 3 4

15

I treat myself with the same kindness I offer other people.

0 1 2 3 4

ENERGY MANAGEMENT

16

I notice when my energy begins to decline during the day.

0 1 2 3 4

17

I adjust my pace when my body asks for recovery.

0 1 2 3 4

18

I spend time doing activities that genuinely restore me.

0 1 2 3 4

19

I protect at least a small part of each day for myself.

0 1 2 3 4

20

I no longer believe that constant productivity equals personal worth.

0 1 2 3 4

Calculate Your Score

Add your points.

Physical Recovery

____ /20

Mental Recovery

____ /20

Emotional Recovery

____ /20

Energy Management

_____ /20

Total Score

_____ /80

What Your Score Means

0–20

Running on Empty

Your recovery system is struggling.

You may be functioning mostly through determination rather than restoration.

The goal during this workbook is not to push harder.

It's to rebuild your ability to recharge.

21–40

Recovering Inconsistently

You experience moments of recovery, but they aren't yet reliable.

Stress often consumes energy faster than you restore it.

This workbook will help you recognize where your recovery process breaks down.

41–60

Building Resilience

Your recovery capacity is improving.

Many healthy habits are already present, but they aren't yet consistent enough to fully protect your energy.

Continue strengthening the habits that genuinely restore you.

61–80

Sustainable Energy

Your nervous system has developed a strong capacity for recovery.

This doesn't mean life is stress-free.

It means you have learned how to replenish your energy before exhaustion becomes chronic.

Your goal now is to protect these habits over time.

Reflection

Before turning the page, answer these questions.

Which section received your highest score?

Which section surprised you the most?

If you could improve only one area during the next 30 days, which would it be?

Write one sentence describing how you hope to feel when you complete this workbook.