



Love Yourself Well

Module 3 Workbook

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**Module 3 Workbook
From Fatigue to Freedom**

What is your fatigue telling you?

What might be some of the causes of your fatigue? (physical, emotional, mental)

What are some of the ways that your fatigue is holding you back?

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If your body could talk to you it would say...

Things I have done in the past that have helped with my fatigue are...

I feel really energized when....

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What activities/people places do I know help me tap into the reserves of energy within?

What activities/people/places drain my energy?

How would addressing my fatigue help me fulfill my wellbeing vision, wellbeing goals and my WHY?

My energy bank account is.... (*healthy, in debt, even?*)

My most energized day would look like....

What limiting beliefs are causing me to stay stuck in my fatigue? What is my tiredness story? Is this really true?

Where in my days am I NOT tired?

The things I really want to prioritise in life are....

To free up more energy, it's time to let go of....

My fatigue action plan:

Physical

Mental

Emotional

Resources/strengths/tools that I have at my disposal to help

ONE habit I will try to incorporate this week is:

Things I've noticed this week.....