



# WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING  
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

## ~ Max my Mojo ~ Worksheet - May 2017

Hey beautiful! Check in with this handy dandy worksheet to get an idea of where your energy levels sit before we get started on this month's module!

**Do you suffer from any of these?**

Symptom	Often	Sometimes	Never
Waking up feeling tired			
Difficulty getting up in the morning			
Craving sweet or salty snacks			
Bouts of "low energy" like a "3pm low"			
Using coffee to keep going or get started			
Increased PMS symptoms			
Getting colds or infections often and finding them slow to shake off			
Feeling like every day tasks are a real effort or grind			

Symptom	Often	Sometimes	Never
Reduced sex drive			
Getting stressed more often, irritable over the little things			
Occasional dizziness when standing up			
Feeling foggy or unable to concentrate			
Feeling down and disengaged from life			

**NOTE:** The more ticks you have here in the “sometimes” and “often” columns, the more you need this module!

**What would you do if you had more energy?**

**If you scored your average daily energy level out of 10, what would it be?**

1    2    3    4    5    6    7    8    9    10

**Name a time in your life when you had super good energy. What was going on for you at the time?**

*Phew, Isn't it interesting to evaluate where our energy levels sit!  
Go enjoy the tutorial and dive into your resources and the challenges this month!*

Well done.

A handwritten signature in black ink that reads "Louise" with a stylized flourish at the end.

*P.S. If you scored very high on this you might want to take the full Adrenal Fatigue Questionnaire – it's in the back of my book “High Energy Happiness” – page 247 – 256.*