**Worksheet 1 – May 2017 - Max my Mojo**

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 sacks |  |  |  |
| 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 |  |  |  |
| 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 |  |  |  |

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

***Couple of additional thought starters for you:***

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





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

**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.**

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.

