

Day 5 Worksheet

Mapping Your Path to Recovery

Decode Your Fatigue

ARE YOU LISTENING TO YOUR BODY?

When you do an activity, does it give you more energy or less?

☐ More energy

☐ Less energy

Do you have to keep pushing yourself to get through your daily routine?

Or, if you stay connected and listening to your body, does your energy level stay constant?

☐ Keep pushing

☐ Constant energy level

When you go to bed at night, do you feel as if you still have a little energy in the tank? Or are you totally spent?

☐ Energy in the tank

☐ Totally spent

When you wake in the morning, do you feel like getting up or do you have to force yourself to do so?

☐ Feel like getting up

☐ Have to force myself

Notes:

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WHAT TYPES OF TIREDNESS DO YOU EXPERIENCE

Please tick all that apply

- ☐ Mental tiredness
- ☐ Emotional tiredness
- ☐ Physical tiredness
- ☐ Environmental tiredness

What do you need to do to improve?

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WHAT STAGE OF RECOVERY ARE YOU AT?

- ☐ Stage 1: Deep rest
- ☐ Stage 2: Tired and wired
- ☐ Stage 3: Reintegration

What do you need to focus on?

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CREATING YOUR RECOVERY PLAN

1. Do you have an accurate diagnosis?

2. Have you explored your personality patterns?

3. What loads are still on your system?

4. Have you healed loads from the past?

5. How is your digestion?

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CREATING YOUR RECOVERY PLAN

6. Are your hormones in balance?

7. Do you have loads on your immune system?

8. Are you in a healing state?

9. Are you listening to your body?

10. What types of tiredness do you experience?

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CREATING YOUR RECOVERY PLAN

11. What stage of recovery are you at?

12. Do you have the support you need?