

Signs and symptoms during your most intense period

Tick what you noticed during that period. Circle the 1 to 3 symptoms that showed up first.

**Sleep**☐ Waking unrefreshed☐ Night waking☐ Under 5 h sleep☐ Can't fall asleep

**Energy**☐ Tiring quickly☐ Sugar cravings☐ Afternoon crash☐ Can't stop thinking

**Tension**☐ Neck/shoulder tension☐ Headaches☐ Lower back issues☐ Jaw clenching

**Gut**☐ Bloating☐ Excess gas☐ Loose stools☐ Constipation

**Heart and senses**☐ Racing heart☐ High blood pressure☐ Ringing ears☐ Noise sensitivity

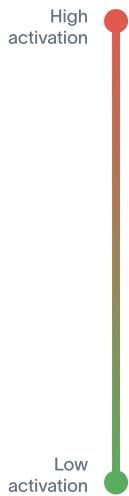
**Immunity**☐ Frequent colds☐ Allergies☐ Cold sores☐ Joint pain

**Skin and hair**☐ Skin rashes☐ Hair loss☐ Mouth ulcers☐ Bleeding gums

Other

Shift your state in 20 seconds

Use these between meetings. Up-regulate before tasks that need speed and focus. Down-regulate before tasks that need calm, empathy and perspective.



Inhale

2-1 breathing



Long exhales

4-8 breathing

Tension

Lean forward, tense your muscles



Tension release

Lean back, release your tension

Visual focus

Narrow your vision to one point



Panoramic vision

Open up your vision, widen your gaze

My go-to practice before my next important meeting

Physiological energy leaks

Read the typical symptoms and habits of each leak. Tick your top energy leak on the right.

	▲ Typical symptoms	⊖ Stress habits that feed the energy leak	My main energy leak
Blood sugar	▲ Sugar cravings ▲ Post-lunch energy dips	⊖ Sitting a lot, little movement ⊖ Too much sugar or refined carbs	☐
Micronutrients	▲ Brain fog or fatigue ▲ Regular infections	⊖ Eating a lot of processed food ⊖ Eating fast or under a lot of stress	☐
Hydration	▲ Dizziness or headaches ▲ Irritability	⊖ Less than 2 liters of water a day ⊖ Too much or too little salt	☐
Gut health	▲ Gum bleeding ▲ Bloating or irregular stool	⊖ Little fiber or veggies, fast eating ⊖ Food intolerances	☐
Circadian rhythm	▲ Trouble falling or staying asleep ▲ Waking up groggy	⊖ Late light, coffee, food or exercise ⊖ Irregular bedtime	☐
Physical balance	▲ Chronic tension ▲ Physical pain	⊖ Sitting for hours, little movement ⊖ Same posture for long stretches	☐
Immune system	▲ Frequent colds or infections ▲ Unexplained fatigue or allergies	⊖ Irregular sleep patterns ⊖ Pushing through stress symptoms	☐
Toxins	▲ Memory decline or brain fog ▲ Regular infections	⊖ Over 3 drinks a week, or smoking ⊖ Eating a lot of processed food	☐

My tactic to address this leak

Your Energy Leak Toolkit

