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**EXHAUSTED  
TO  
ENERGISED**

**WORKBOOK**

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# YOU'RE EXHAUSTED

I hear you

I woke up this morning and I didn't want to get out of bed. It could have be Monday, it could be Sunday - it didn't matter. You hear me right?

Life seems overwhelming and there's too much to do - lunches, school, work, dinner...it keeps on going.

In 2017, the [Daily Telegraph](#) reported, tiredness is linked to the deaths of over 3,000 Australian per year.

And [Healthline.com.au](#) suggests that fatigue is linked to:

- Stress
- Anxiety
- Depression
- Illness, and/or
- A lack of sleep

Exhaustion can also be categorized as an 'indulgent emotion' like overwhelm, worry and confusion . These emotions can keep us in a 'stuck' state - and we tell ourselves that we can't move through them.



# LET'S BREATHE

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## Together

The first thing we're going to do together is breathe.

- Close your eyes and just breathe
- If you can breathe in through your nose great, but if not, just breathe
- Keep breathing
- Eventually you might be able to breathe in through your nose and out through your nose or mouth
- Repeat
- Keep breathing
- Notice how you're calming down
- Keep breathing
- Notice how we're calming down
- Keep breathing
- Slow right down
- Keep breathing, we've got this
- And when you're ready, open your eyes and
- Notice how you feel.



# WHERE ARE YOU?

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## Part 1.

Now that we've slowed down, we're going to start where you are, then we'll move to where you want to be and we'll work together to close the gap.

I want to invite you to complete your Circle of Life. Your Circle of Life is your first step towards clarity. When you're ready, mark up your satisfaction level in each area of your Circle of Life. Then take a screen shot and share it with me on Instagram (tag me in your post) or on Facebook - all my links are on page 13.

Now, when you look at the top 3 things closest to the edge of your Circle of Life, grab out your journal and answer these questions:

- What do I love about these area of my life?
- Are there some similarities between the areas or how I show up for these areas?
- What strengths do I use to create what I want in these areas of my life?
- Who am I because I show up for myself in these areas?
- How am I honouring myself because I'm showing up for myself in these areas?
- What's one thing, if anything, I'd want to change to create even more satisfaction in these areas?



# WHERE ARE YOU?

## Part 2.

Now look at the bottom 3 things closest to the middle of your Circle of Life, answer these questions:

- What do I love about this area of my life?
- What don't I love about this area of my life?
- Why do I struggle in this area of my life or why is it not important to me?
- What's one thing I can do to improve this area of my life?
- Do I believe doing that one thing would increase my satisfaction in that area of my life?
- On a scale of 1 to 10, where 1 is not ready and 10 is absolutely ready, how ready are you to do that additional one thing to increase your level of satisfaction in that area of your life?
- What's coming up for you when you think about that number?
- What challenges will you face along the way to adding that one thing into your life? and
- Who will you become when you add that additional one thing into your life?

**Note:** There may be times when your satisfaction level is high - but you're not doing any of the work. For example, your husband may do all the home cooking and that's a win for you because you hate cooking - that's totally fine.

On the other hand, you might have a low satisfaction level in your finance area but your accountant deals with everything, so whilst you don't know what's going on specifically, you trust that everything's well taken care of.

Just because something's high or low on your satisfaction level, it doesn't mean you have to change it.

# YOUR FUTURE YOU

Let's dream

Now you've got a good picture of where you are and you've identified areas of your life that you can make changes to - FIRST DANCE IT OFF!!!

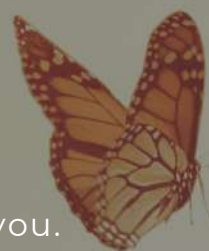
Then, let's dream.

To do that, I invite you to answer these questions:

- What does an ideal week day look like for me?
- What does an ideal weekend day look like for me?
- Who do I spend my time with?
- What do I spend my time doing?
- What dreams have I held onto?
- What would I ideally like to create for myself and my family?
- What's one thing I could do now, that would bring me closer to my dreams?
- On a scale of 1 to 10, where 1 is not ready and 10 is absolutely ready, how ready are you to do that one thing?
- What's coming up for you when you think about that number?
- What challenges will you face along the way to adding that one thing into your life? and
- Who will you become when you add that additional one thing into your life?

**Action: Create your dream board.**

Read over everything you've written on this page. Highlight the main words that describe what you want, how you feel and who's with you. Find the pictures and fonts that light you up, and create your dream board.



# YOUR NEW THOUGHTS

## Part 1.

We can think that exhaustion is just who we are, that we can't change it but we can - that's the good news.

Often when we're exhausted there's a reason, and you might say you're exhausted because:

- I haven't had enough sleep
- The weekend wasn't long enough
- I'm over being sick
- I'm worried, stressed, anxious or depressed
- My kids have so much on, I just can't keep up with work, life etc.

The truth is we think we 'feel' exhausted, and in some cases that might be true. But there are different types of exhaustion - the physical feeling in your body, and the thought 'I'm exhausted' and I'm going to take you through an exercise to support you with the thought 'I'm exhausted'.

- Think of a time recently when you thought 'this is exhausting' or 'I'm exhausted'. What was happening? Describe it in detail and then pull out the facts e.g. My son woke up 3 times during the night, my daughter got home from a party at 1am, etc.
- Next, write down the 'exhausted' statement e.g. 'this is exhausting' or 'I'm exhausted'
- Now ask yourself, how is this 'exhausted' statement making me feel? Come up with one word - the most challenging for you.
- Then ask yourself, when I feel e.g. sad, lonely, angry, what do I do? And what don't I do? Explore how you're showing up and not showing up.
- Finally, ask yourself, what does this thought 'I'm exhausted' create in my life? And is it what I want to create?

# YOUR NEW THOUGHTS

## Part 2.

You're possibly thinking - OMG I don't want to feel exhausted any more and create crappy results in my life. Exhaustion, like busy, is a badge of honour we can wear, and I'm inviting you to put it down.

I'm inviting you to let go of exhaustion and create a new life that feels energised.

To feel energised (or choose whatever word feels good to you), our next step is to explore what thoughts create the feeling of 'energised' in our bodies.

So let's experience the feeling of energised first by doing this exercise:

- Close your eyes
- Take a big deep breath in through your nose and out through your nose or mouth
- Take another big deep breath in through your nose and out through your nose or mouth
- Take another big deep breath in through your nose and out through your nose or mouth
- Now find your regular breathing pattern
- And think 'I feel energised'
- Where can you feel it in your body?
- What does it look like?
- What does it feel like?
- Is it rough, soft, squishy, electric?
- Does it move or radiate?
- Does it have a colour?
- Is it warm or cold?
- Does it have a sound?
- Can you taste it?
- Open your eyes and journal out everything you remember.

# YOUR NEW THOUGHTS

## Part 3.

Now you know what energised feels in your body, we're going to practice creating thoughts that make you feel energised.

Feel energised in your body, and ask yourself 'what am I thinking?', and journal out everything that comes to mind, here are some examples:

- I love this
- This is exciting
- He's such an amazing person and I'm so grateful I get to spend time with him
- I love watching my kids play
- This book is so inspiring, I wonder if I could write a book that inspired people?
- What a beautiful day it is!
- The water from my shower feels soooo good on my body
- I love doing things that light me up
- I love how I feel at the end of a run
- Diving into the ocean makes me feel alive
- Crocheting for people, lights up my soul
- I'm ready for my next adventure
- OMG I climbed this mountain
- I freakin' love how that presenter spoke and I can't wait to implement the changes she suggested

What thoughts came up for you? Pick a couple of them, try them on for size and make sure they create that feeling of energised for you.

Then notice, from that feeling of energised what do you create? And what don't you create? What do you let go of and what do you bring in?

And from those actions, what are the results are you creating? And are they the results you want to create?

# ENERGISE YOU

## Part 1.

You now know what exhaustion is creating for your life and we've explored how it can be an indulgent emotion. You also know what you want to create in your life and the thoughts that will support you in creating the feeling of energised, which leads you to the results you want.

Let's bring it all together.

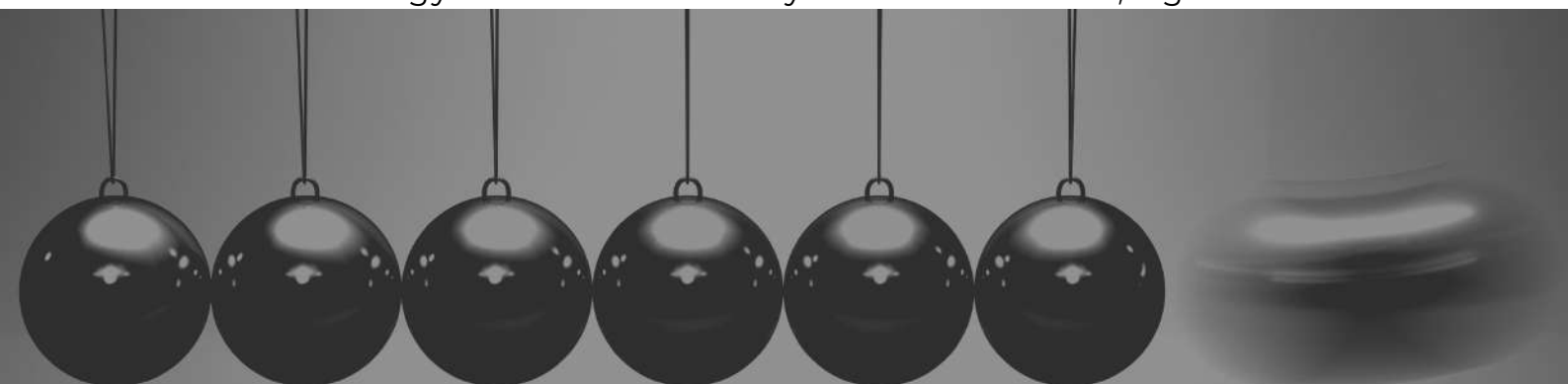
The only think standing between you and energised is you. It's your thinking and you sitting in this indulgent emotion.

I get it, we all do it from time to time, but now you also know what your one next thing is to move you from where you are, closer to where you want to be.

Let's make a plan to move you toward energised and living the life of your dreams.

On page 4, you identified the strengths you use to create the things that you're enjoying and satisfied with in your life. How can you utilise these strengths to feel more energised in other areas of your life?

When we anchor into our strengths and our values in life, we naturally create more energy - and this is exactly what we all want, right?



# ENERGISE YOU

## Part 2.

On Page 5 & 6, you identified things you could do to increase satisfaction in your life. Let's create a SMART goal around them and get to work.

- Of the things you've identified that can improve your satisfaction in your life, which one is most important for you?
- Now get really specific about that thing e.g. I will cook 3 nutritious dinners this week on Monday, Thursday and Saturday or I will walk around the block for 30 minutes on Sunday, Tuesday and Friday.
- Write down ways you'll measure your success in achieving your goal. You can have more than one, so what will it be:
  - I had dinner on the table at 6pm, and we'd tidied up by 7pm
  - I sat down the week before and planned what we were going to eat and added the ingredients to the grocery list.
  - I'm going to ask someone to come on my walk with me, but even if they don't come I'll take my dog
  - I will set my alarm for 15 minutes before my walk starts and that will indicate it's time to put on my runners and pick my favourite podcast
- Make sure your goal is achievable. Do you have everything you need (it doesn't have to be perfect) to action this goal? Do you know why you're working towards this goal? If not, then journal out your why.
- Is your goal relevant to you? If you're going for a walk but your goal is to paint for 30 minutes a day, perhaps you've missed the point? So check in with yourself and make sure what you've decided to do is actually something that's aligned with increasing satisfaction in your life.
- Does your goal have a timeframe attached to it? Are you walking for 30 minutes 3 times a week and on Sunday, Tuesday and Friday? If you don't know how long and when, then get more detailed - you've got this.
- Now, put your goal in your diary and on the next page, we'll explore how to make it happen.

# ENERGISE YOU

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## Part 3.

Let's make your goal a reality!

You now have your goal in your calendar, and it's time to turn up for it. When that time comes, your brain's going to say 'we don't need to do that'.

This is perfectly normal :)


Our brain does it's best to keep us safe, but you know that turning up for this goal is what's going to bring more energy to your life and it's safe for you to do that thing.

In these moments, I like to say:

*Thank you brain for taking care of me, but it's ok, we've got this and we'll be better off for me taking this action.*

Taking regular action like this, helps you build the habits that support you in creating this goal.

And when you're feeling low, and don't want to do it, you can always reflect back on your journaling on pages 5 & 6, and see how 'ready' you are on a scale from 1 to 10 to make this your reality.



# SUSAN SCOLLEN

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## Where to find me

I truly hope you've enjoyed moving from Exhausted to Energised.

I created this after realising this was a pattern for me, one that I had seen pop up over and over again over about a 12 month period - that's not to say it wasn't there before, I possibly was wearing that exhaustion as a badge of honour.

Stopping and taking time for ourselves, provides us with more energy, which means we have so much more to give - and that's what we're all trying to do right - give, but often my question to my clients is: If you're taking care of everyone else, who's taking care of you?

Share with me your thoughts on Exhausted to Energised, and what came up for you on your journey over here:



<https://www.instagram.com/susan.scollen/>



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Thank  
you!

