



10 Essential Questions
**TO ASK YOURSELF WHEN YOU'RE
READY TO DITCH TIRED AND
DEPLETED AND REGAIN YOUR
ENERGY!**

CONGRATULATIONS!

You are ready to ditch the lethargy that so many of us have accepted as a normal part of life.

It's most definitely NOT normal to feel tired all the time. And a lack of energy keeps so many women from pursuing parts of life that fill them up. I see it all the time. You cannot create positive changes when getting through the basics of each day is effort in itself.

I certainly hope these questions offer a place for you to start focusing. You really deserve your own loving attention - just like you might apply to the people around you.

OK! Let's begin....

And the perfect place to start is with the vehicle you are riding this life in - does your beautiful body need a tune up? Sometimes there's physical reasons for your lethargy and it's on you to make sure you've covered all bases.

Over the years, I've interviewed many health professionals and below I've listed a few key areas that would show up time and again as underlying causes for lethargy. My healthcare team includes a GP, Chinese Medicine Doctor, Chiropractor, Naturopath and Energy healer. There's no one modality that will cover all bases - I love experimenting and learning about what my body needs through different types of healing. Don't be afraid to do the same!



1: WHEN WAS THE LAST TIME YOU HAD A FULL BLOWN PHYSICAL HEALTH CHECK UP?

And listen, I know how easy it is to prioritise everyone else's stuff over my own, but have you ever wondered why you continue putting your own health last?

STOP IT!

Book in some appointments lady and cross a few major things off the list:

☐ Iron levels

☐ Hormone levels

☐ Thyroid check

☐ Food intolerances

☐ Your adrenals

☐ Family history stuff

OK, once we are ticking off the big things, let's look at food.

I know, I know. You're aware of what you **SHOULD** be doing, right? But it feels so hard to eat well when you're chasing energy - we always reach for quick hits when we are tired - like sugar and simple carbs. You might not have the headspace either to think creatively about food.

I get it.

But listen, your food choices could very well be having a massive impact on your energy levels and so here's what you might need to get honest with yourself about...

2: HOW OFTEN ARE YOU EATING FOODS THAT OFFER VITALITY?

I'm talking living foods - fresh leafy greens and veggies and fruit. Great sources of fat that satiate you, not deplete you?

There are no silver bullets when it comes to diets that suit everyone - your body your way! BUT eating food that your body recognises as food and hasn't been processed to within an inch of its life is a great place to start. Do it as often as you can. Any meal will do. Eat an apple. Boil an egg. Throw a handful of spinach leaves into your bolognese sauce.

Keep it simple but think **VITAL!**

Now let's get into other areas of life... Your challenge here is to get super duper honest with this inventory about where you GET energy and where energy is DRAINED from you.

3: WHICH RELATIONSHIPS ARE ENERGY GIVING/ENERGY DEPLETING?

As in, who lifts you up and being with them gives you energy. And who is an energy drainer? Be really honest about this. It's OK if your closest relationships feel draining. The next question will help you out there.

4: ARE THERE NEW BOUNDARIES THAT NEED TO BE CREATED WITH ENERGY DRAINERS?

Yep, I said it. Boundaries. Do you struggle with them? Me too! I guess I would have classified myself as a 'people pleaser' for a long time and saying no felt like the absolute worst thing I could do. Until I realised that other people don't seem to find it as hard as me. And it allows them to prioritise themselves way more than I do.

Which is what so many of us need. To live energetic lives we need boundaries. So creating them has become a new love affair of mine.

Write down a few ideas for healthy time and energy boundaries.

5: WHAT DO YOU KEEP SAYING YES TO, WHEN YOU'D PREFER TO SAY NO?

Be honest with yourself here! Only YOU are responsible for what you keep saying yes to. On too many committees? Kids signed up for an overwhelming amount of extracurricular activities? Going out too often and spending the weekends recovering?

One of my best friends always reminds me that NO is a complete sentence. I don't need to justify saying no to a girls night out. Or no to my kid who wants to add karate to his sports regime. No - I don't have the energy. I'd prefer to take it quietly. Done!

List here things you can start saying no to:

6: DO YOU WAKE UP FEELING RESTED?

What is this telling you about the amount of time you sleep and your quality of sleep?

Do your 'going to sleep' patterns need to change? Is your bedroom a restful haven?

How can you add more rest into every single day?

7: HOW MUCH TIME ARE YOU SPENDING ON YOUR PHONE OR IPAD PER DAY AND IS THIS DEPLETING YOU?

(Yes, it can be an amazing tool for connection and relaxation but it's also brilliant at sucking your time and attention.)

As well as answering this question honestly, give yourself a little challenge to change one tech habit - whether it be how you start your day, or end your day or perhaps deleting a social media app off your phone? BE HONEST about the impact this is having on your energy!

8: HOW MUCH ENERGY DO YOU SPEND WORRYING ABOUT THE FUTURE?

So much energy is wasted future-casting. When you get into the 'worry zone' you are depleting energy rapidly! I used to spend so much energy thinking worst case scenario thoughts and it didn't help me live well in the present. When has worrying about anything happening ever achieved a good outcome?

Be honest with yourself about the amount of time and energy you spend worrying about the future. Then write a list of ways in which you can bring yourself back to peace in the present moment.

Some of my favourite practices are listening to a guided meditation (The Happy Habit app is a favourite), thinking of three things to be grateful for, going for a walk, helping a friend, sitting with a cup of tea and drinking it peacefully. It really doesn't need to be fancy.

9: HOW MUCH OF YOUR TIME IS SPENT DOING THINGS FOR OTHER PEOPLE?

It was a really big moment when I realised that my work was 'me time'. "It's OK because I love my work" was something I said often. Relate?

But the truth was, I was being drained of energy because there was literally no space in my life just for me. Every moment of my day had a purpose. Every moment was FOR something - it was all allocated. My default was to fill my time thinking about or caring for other people when I had a little space. It was a never-ending hamster wheel that I felt I couldn't get off and it was DRAINING!

If your default is to fill up all your time doing things for other people, take a good hard look at ways in which you can support yourself as much as you do them. What might it look and feel like to allocate yourself time to do nothing? (And if feelings of guilt come up around this, you are not alone, and I've got stacks to share on that - you might even want to get on the waitlist for the next round of my program Ready for Change).

But for now, get honest about the amount of your day spent doing things for other people and then honest about how much space you have, just for you. If there's a big difference between the two - start brainstorming ways you can begin filling your cup with rest or things that energise you!

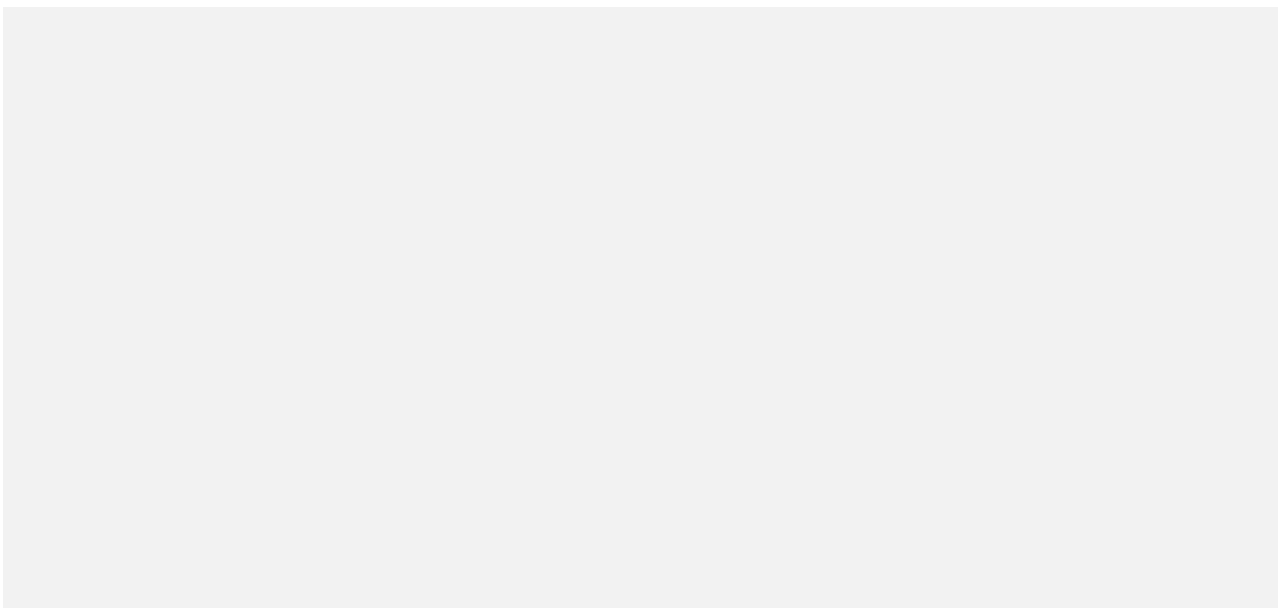
10: ARE YOU FEELING FATIGUED DUE TO THE EVENTS OF 2020?

So many of us have had lives change dramatically during 2020. If you've experienced prolonged periods of lockdown, if you have been cut off from family, if your work situation has changed, if you've been isolated in your home alone, if your travel plans have been altered, if your kids are struggling - all these things can have a major impact on your energy.

BE KIND TO YOURSELF! How can you nurture yourself and care for yourself throughout all the changes?

And go back to question one - do you need to talk to a healthcare provider, including a counsellor or psychologist about the mental health impact that it's had on you?

Journal out your feelings around this, and don't hold back. Many of us are trying to make sense of why energy isn't where it should be, but when you look at what you've had to cope with this year, some of it might become clearer.





I HOPE THIS HAS HELPED!

You're not alone if you're struggling with your energy.

Just choose one or two questions to work on at a time, and of course I'm always interested to know what you uncover!

Write me at lisa@lisacorduff.com or follow me on IG @[lisacorduff](#) or [Facebook Lisa Corduff](#)

Let's stay connected.

Much love

Lisa xx