



ENERGY

WORKBOOK

LISACORDUFF.COM

PHEW! It's time.

I'm so glad you're here and ready to say no to the status quo of tired and depleted and lacking in energy that so many women have accepted.

And I don't say 'status quo' lightly...

In October 2022 I conducted a Survey on Women. With just under 1,500 respondents, the results were shockingly clear:

Women are tired, under-supported and completely lacking in energy.

Which completely sucks. And if you've downloaded this Workbook - you know that!

But it also means there's unlimited opportunity to make a meaningful difference to how you feel. And often it's easier than you think!

This Workbook is designed to be a starting point. It's a launching place for exploration into why you're so tired - there's so many things that can drain our energy and some might not be immediately obvious.

I encourage you to move through things in a way that feels manageable to you. There's no hurry - this is a choose your own adventure! Some topics are going to be more important to you than others. Go where it feels good.

And in case we've only just met and you're not familiar with my work, let me quickly say:

- I don't believe there's a magic pill for anything much at all (except hugs, they come close! As do cinnamon scrolls - undeniably.) I do subscribe to the belief that when we get 'the basics' right life can improve immeasurably and I've made it my job to help overwhelmed women do just that.
- I'm a solo-mum to three kids and a widow and I don't have much free time!

- I supported my husband through serious mental health challenges and detest any kind of 'personal development' work that incites feelings of shame or comparison or 'I'm better than you'. We are all just humans trying our best. You are amazing.
- I love a good inspirational meme as much as the next person but what really turns me on is getting practical and creating *genuine and lasting* change in areas of our lives that feel a bit 'meh'.
- I'm hilarious. (Kidding - but I do love a laugh and when people come to my events I love making them laugh too).

There's a lot more to my story, but that's not the focus today.

The focus is YOU and YOUR ENERGY.

So go ahead and dive into the following pages.

I've broken the questions down into three separate categories - Body, People and Lifestyle. But before we get into that is the first and most important question - please don't skip over this.

Oh and just a last little note from me:

Print off these pages if you can - you've likely got a lot on your to-do list - so make it super simple for yourself to come back to it.

You deserve your own attention, you really do.

Change is possible.

Lisa X

PRIORITISING YOU

Where do you sit on your priority list?

I've been helping women create positive change in their lives for almost a decade and I can tell you that if we just took this ONE question seriously - so much else would take care of itself.

Amazing woman, if you never prioritise your needs then you'll **always be low in energy.**

It's an old and outdated paradigm that you should 'come last'.

... That you can rest once everything is done (is everything ever done?!)

... That you can get some time out once everyone else's needs have been met (there will ALWAYS be more you can do!)

... That your needs don't matter as much as the people you love.

If you resonate with any of the above, then it's time to start prioritising yourself.

As a solo-mum of three small kids I get that there's obligations that we can't ignore and times at which we sacrifice our needs for the needs of others.

But not all the time. And not as the default. And not to the detriment of our own health and happiness.

So how, amongst it all, can you start to show yourself loving care?

You are potentially feeling drained of energy because you have no space in your life just for you. I wonder - does every moment have a purpose? Is every moment allocated FOR something? Are your thoughts constantly racing about what needs to be done and for whom and by when!?

Gah! Let's change that.

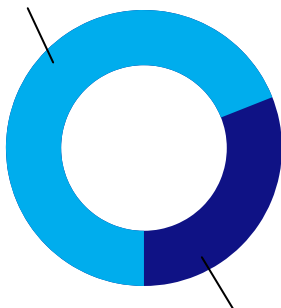
If your default is to fill up all your time doing things for other people, take a good hard look at ways in which you can support yourself as much as you do them. Here are some prompts to get you thinking.

Write a list of everything you do for others. Look at that list and ask yourself if you are doing the same for YOU!

What might it look and feel like to allocate yourself time to do ... nothing? What comes up for you when I suggest that? You know, you're not a robot and you do require rest!

What would you do with 'me time' and how can you make that happen **this week?**

69% of women



31% either don't get 'me time' or do something they enjoy

Oh and if you struggle to answer any of these questions you are not alone! In the Survey on Women 69% of respondents said they don't know what to do with 'me time' and waste it on tech or chores. This is something we can definitely fix! And probably why my [30 Days, 30 Ways to Fill Your Cup](#) audio program is so popular!

WANT MORE ON THIS TOPIC?

Check out Conversations with Lisa
Episode 34 - You are not Selfish

LISTEN NOW



BODY

CHECK-UP TIME

When was the last-time you had a full health check?

It seems so obvious but have you ticked off some of the major physical reasons your energy might be low?

As someone who struggles with anemia and only found this out in 2021 - I can't even begin to tell you the difference that enough iron can make to your energy levels!

Listen, I know it's easy to prioritise other people's health stuff over your own (see question above!) but our body holds the clue to so much if only we pay a little attention.

Create some space over the next few months to tend to your physical health by way of check ups. Here's a few places you could start:

- | | |
|--|---|
| <input type="checkbox"/> Iron levels | <input type="checkbox"/> Food intolerances |
| <input type="checkbox"/> Hormonal levels | <input type="checkbox"/> Your adrenals |
| <input type="checkbox"/> Bloods | <input type="checkbox"/> Family history stuff |
| <input type="checkbox"/> Thyroid check | <input type="checkbox"/> Mental health |

Keep this list on your fridge and tick things off as you go!

WANT MORE ON THIS TOPIC?

Check out **Conversations with Lisa**
Episode 99 - Your Energy is Currency

LISTEN NOW



WHATCHA EATING?

Is the food you're eating energy giving or energy draining?

Don't worry - I'm not going to advise going on a diet! (They don't work anyway)

And let's be real, most of us know exactly what our body's need when it comes to healthy eating. Whether we do it or not - that's another story 🤪

But let's not keep our heads in the sand around this. At some point a level of personal responsibility needs to be taken.


Here's an example - cheese makes me tired. Therefore I don't eat much of it or if I do it's usually at the end of the day when I don't need much energy. If I had a big day ahead and started my day with a cheesy omelette, I'd have no energy - that's on me.

Also, if I'm lacking in energy and reflect on how much vital food I've been eating (foods that are fresh and have easy to access nutrients for my body) and it's not that much - well that's on me.

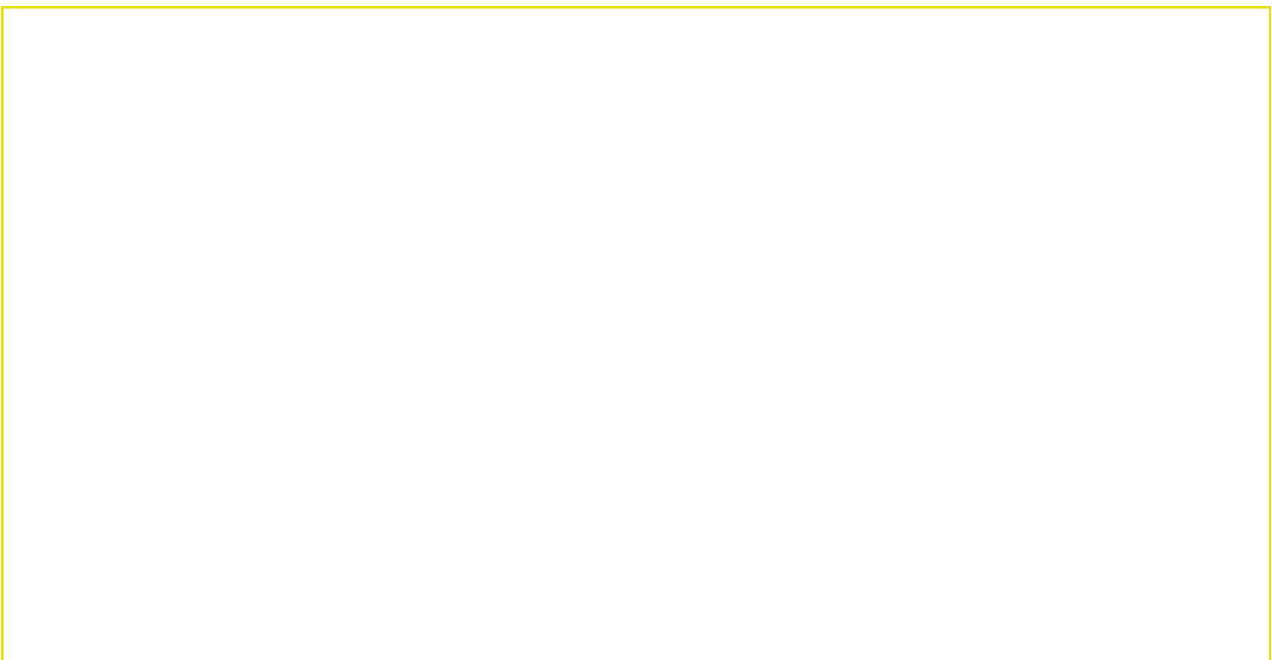
Just focusing on these two things - less of what drains us and more of what energises us - can be enough to feel a really big difference.

Please don't move into shame or body-hate or self-criticism or any of those boring things when exploring this topic. Just be curious and make some simple changes where it feels easy. No one on the planet is eating 'perfectly' - except maybe Gwyneth Paltrow!

Which foods or drinks do you KNOW drain you? If nothing comes to mind, start paying a bit of attention to how your body feels after meals.



How often are you eating VITAL foods? Think fresh fruit and vegetables and leafy greens as a simple example.



Where could you add more into your day? An apple in the afternoon? A handful of salad leaves with balsamic on top of your morning eggs? A smoothie? Veggie sticks and hummus as a snack? Make it simple to add in more vital foods and feel your energy improve.

Are you drinking enough water? (OMG so simple but being dehydrated is tiring!)

WIGGLE IT!

Are you moving for energy?

I was on a zoom call recently with Change Room members (The Change Room is my three-month transformational program for women) and a gorgeous member shared a fabulous story....

She found herself in her basement sorting through items from her mother-in-law's estate ... to music. She danced her way through this chore (and obviously had the music up loud because all the members of her family had moved to the other end of the house by the time she came back upstairs!). When she looked at her watch she saw she'd done almost 4,000 steps in the process and felt fabulous.

The movement energised her. She was beaming when she shared this story. And this is possible for all of us.

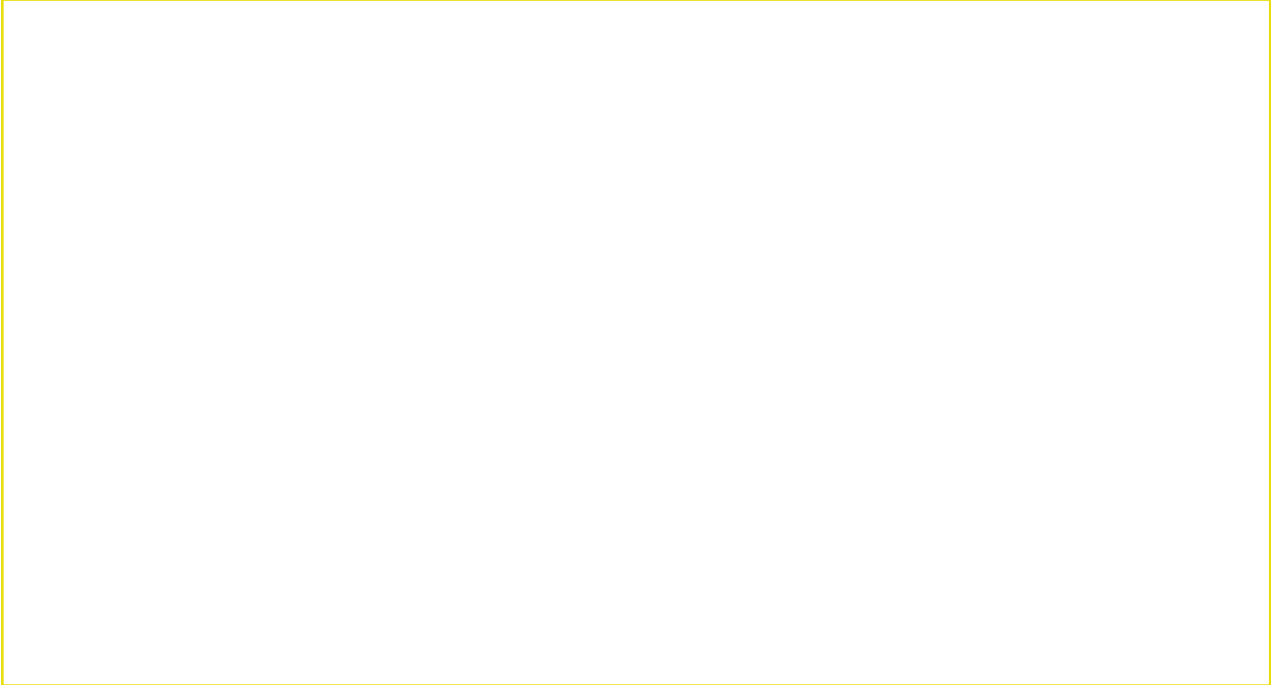
Moving our bodies doesn't have to look like heading to a gym or putting on skimpy active wear - sex can be a fabulous workout - so can gardening! Any movement that feels good to you will have an energising effect.

Obviously, please don't push yourself if your body is telling you that it is not the time to move. In my most energy depleted states I didn't WANT to exercise or move my body because I was so tired. But as soon as I started moving in gentle ways - like a morning walk - I felt the benefits.

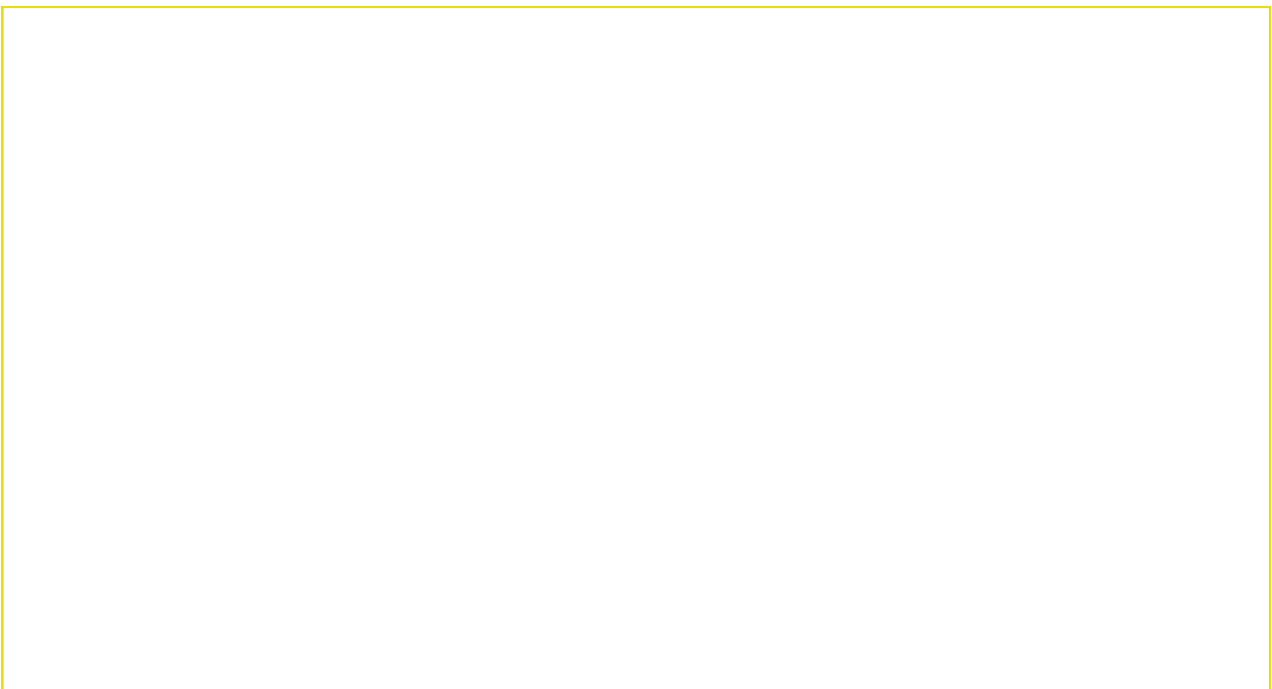
I mean, let's be honest - we know that our sleep usually improves and our mood improves when we move and this, in turn, energises us.

So here's some things to ponder.

Do you move your body enough? Why/Why not?



If you struggle with having time to exercise - what are simple ways you might incorporate fifteen minutes into your day?



How might you link moving to something else you love - like socialising or being in nature or discovering new places? Why not make it a double win!

Which types of movement feel good to you? Walking? Running? Weights? Dancing? Playing team sport? Scootering or bike-riding? Shooting hoops? Gardening?

Finish this sentence - I choose to move my body because it feels...

PEOPLE

ENERGY-DRAINERS

Are you hanging out with energy vampires?

This one is pretty self-explanatory!

We all know people who we feel tired after being around. They zap us. We feel our energy leaking out in their presence or often even in anticipation of seeing them.

Heck, sometimes even just reading their social media posts is draining. And I'm not referring to the people we love who are going through a tough time. That's different. I'm sure as soon as I mentioned this topic *someone* came to mind!

So the most obvious question is: are they in your life for a really good reason? Can you justify this drain or... could you see them less?

Here's the thing, humans are energy. Everything is energy! You vibrate. Other people vibrate and our vibrations are constantly interacting. You are in charge of your own vibration and protecting your energy. So let's get a bit clearer on this.

Who are the people that drain you of energy?

Are they worth it? Can you make a choice to interact less?

If not, how can you better protect your energy around them?

If you want to master your energy in relation to other people then I teach exact strategies in [The Mood Shift](#). Undoubtedly my most impactful short course that has changed the lives of thousands of women.

WANT MORE ON THIS TOPIC?

Check out Conversations with Lisa
Episode 115 - Stop Resenting Time-Suckers

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BOUNDARIES

Do you struggle to say no?

Most of us grew up trying to be 'good'. And being good meant being agreeable and not causing a fuss and doing the 'right thing'.

The good girl is ingrained in many of us and it's tough to step outside of.

But STEP WE MUST!

If you struggle to say no then you are likely saying yes to way more than feels manageable. And you're exhausted as a result.

Or maybe you feel a little boundary-less. Like your life is not your own. Perhaps you feel at the whim of what everyone else needs and you've forgotten where they end and you start.

This is a huge topic for so many women I work with, so if you relate - you are in very good company! But just because it's normal, doesn't mean it's OK.

I'm a super practical person, so here's a helpful set of questions you can ask yourself to help you decide if something is a yes or a no:

- If I say yes to this, what am I saying no to?
- Is it a f%&k yes?! (If it's not, it's a no!)
- Am I saying yes only because I want someone else to be happy or I don't want to disappoint people? What's best for ME?

The key to learning how to say no is in giving yourself permission to 'take a beat'. Put a pause between a request and a response.

You can do that by saying:

- "Thanks so much for the invite, I'll check our schedule and get back to you".
- "I appreciate the offer but that's not going to work this time"
- "No thank you!" (Refreshingly simple - give it a try - you don't ACTUALLY need to explain the reason for your response 😊)

When it comes to creating boundaries between yourself and others I teach women inside The Change Room how to 'knock on the door of responsibility'. When you're struggling with a specific situation, knock on the door and see who opens it. Is this a YOU thing? Or a THEM thing? **Jump onto the Waitlist for the next round of [The Change Room here](#)** - what happens inside is hugely transformative.

WANT MORE ON THIS TOPIC?

Check out Conversations with Lisa
Episode 50 - Do you have 'Human
Giver Syndrome'?

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RECEIVING

Are you good at asking for help?

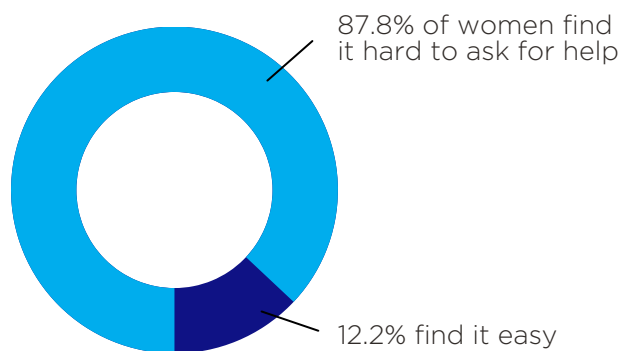
Amazing woman, is the load you are carrying making you tired?

I bet it is. If there is so much expected from you and sometimes it feels like too much - that's because it IS too much.

When I became a solo-parent I was fiercely self-sufficient. I had struggled for so long to hold everything together - it was my norm to 'just get on with it' and I knew everyone else had their own stuff too and so who was I to ask for help.

Yikes - I wish I'd leaned into being a receiver earlier. Because we don't need to carry everything on our own. And the crazy thing is - the people who love you want to help, if only you allow them.

The data from the Survey on Women was very clear in how hard the vast majority of women find it to ask for help. Check this out:



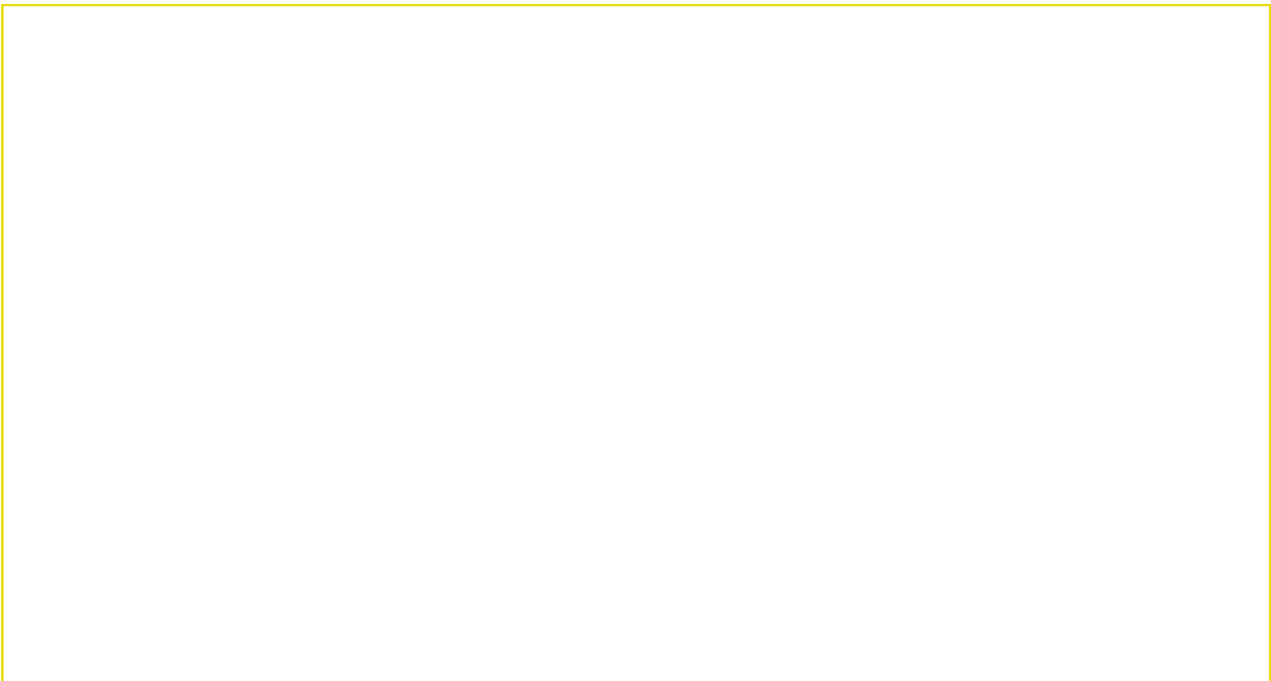
Wow!

The art of receiving is a hugely interesting area to explore as a woman. It's so nuanced and massively impacted by loads of different societal, familial, religious and patriarchal beliefs. While I could write on that for hours (!) let's get practical and start you thinking about how to improve your energy by asking for support.

In which areas of your life would you like more support?



If you were honest with yourself - are you OPEN to receiving support? Why/Why not?



Do you communicate your needs clearly to others so they have the best opportunity to help you?

If you haven't received the level of support you have asked for in the past - where else could you source it? Think outside the box!

WANT MORE ON THIS TOPIC?

Check out **Conversations with Lisa**
Episode 28 - It's OK to call in help (here's how I'm doing it)

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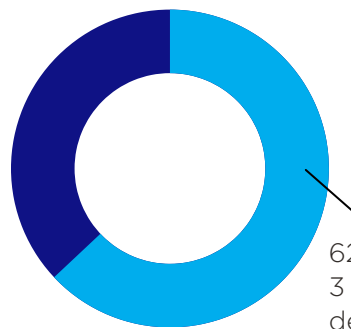
LIFESTYLE

TECH HABITS

How are your tech habits contributing to low-energy?

Look, I love hanging out on social media sharing Instagram stories and writing content and what a wonderful tool it can be for connection and relaxation. BUT it's also brilliant at sucking time and attention - and ENERGY.

The data from the Survey on Women was pretty fascinating when it came to tech habits, with the majority wanting to reduce their screen time down from the three or more hours they spend on it per day outside work time.



62.3% of women spend 3 or more hours on their devices every day

I think this is because we recognise that we are very rarely energised by it and it replaces things like - real life connection and interaction and movement, amongst many other things - which can be very energising.

Of course - enjoy your scrolling or connecting or laughing or gaming or researching or social time online - but if you feel like your tech habits have become a drainer to your energy then how about you try on a few new things?

Here's some ideas:

- Leave your phone in a different room to you.
- Start a 'tech box' for yourself and your family where all devices go at a certain point throughout the day or night to experience screen free time together.
- Use helpful apps that limit the time you can have online - don't rely on your willpower!
- Delete social media apps from your phone so you can only scroll when you're at your computer.
- Challenge yourself to either not start, or not end, your day with your device - just to see what you do instead!

Which of these feel like a good place to start? Choose one and declare to the people around you that you are trying something new. A little bit of accountability can go a long way!

WANT MORE ON THIS TOPIC?

Check out **Conversations with Lisa**
Episode 124 - **How to Create Seven Hours
of Me Time (Easily!)**

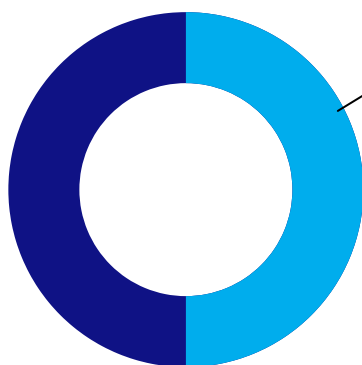
LISTEN NOW



DOMESTIC LOAD

Can you lessen your domestic load?

In the Survey on Women I asked WHY women felt low in energy and exactly half of them answered both the 'domestic load' and 'not taking care of themselves' as their top two reasons.



50% claim 'domestic load' & 'not taking care of themselves' cause their low energy

Growing up in a patriarchal system, you don't have to look far for proof that old-fashioned unequal ideas about the division of household duties remain alive and well. Which is cruddy.

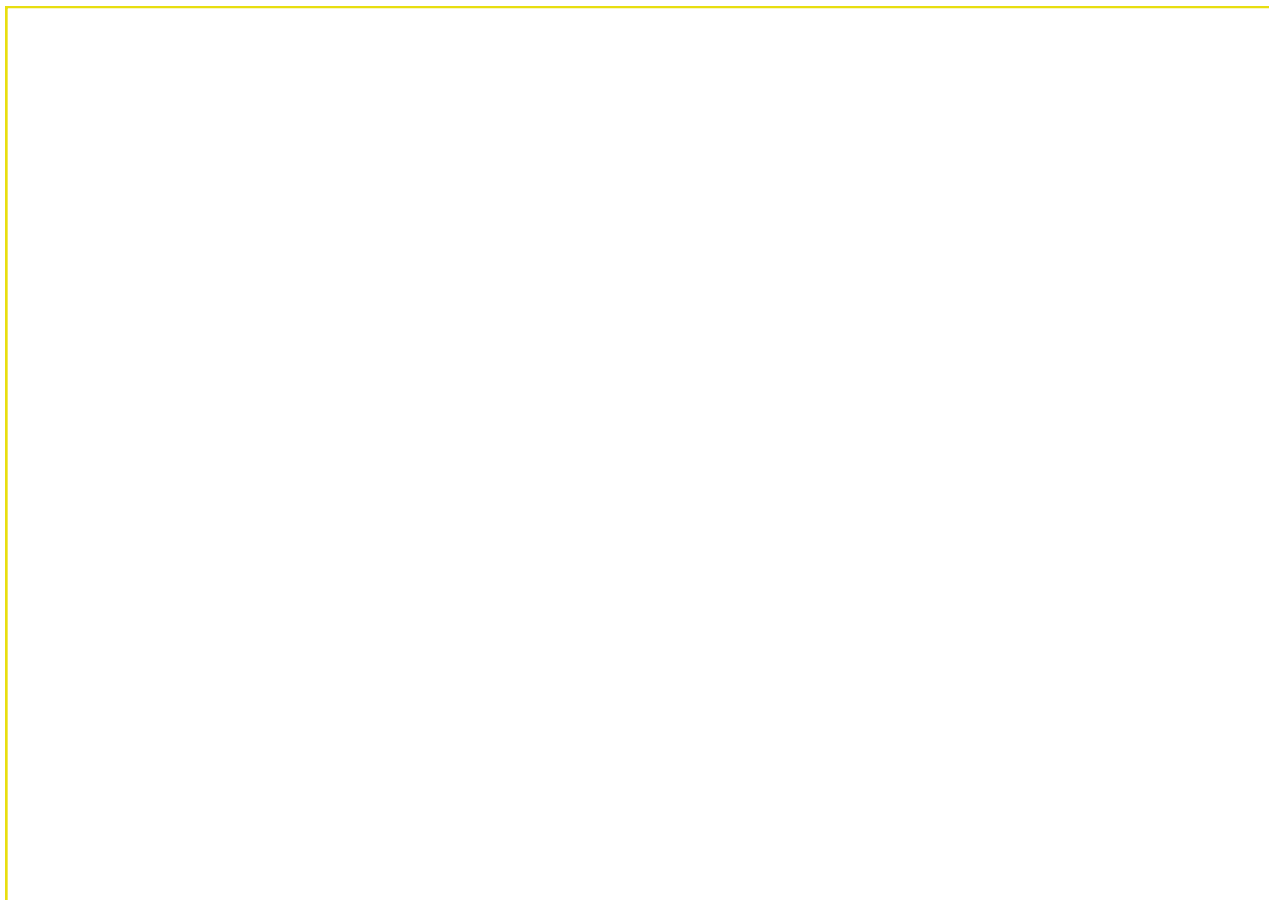
So what can be done?

Plenty!

When I work with women we always figure out OUR stuff first. You could wait years for people around to change - and they might never get there. It doesn't mean that you have to stay the same.

Let's start by getting clear.

Write a list of all you do in your home:



Then, put a next to things that could be someone else's job. Think - other members of your household, hired help, meal delivery services, extended family, local kids looking for work experience - think outside the square!

Then, put a next to things that you do that perhaps you don't need to do as often or to as high a standard as you do.

Then put a line through anything that can come off the list completely!

The first step is always creating awareness about what CAN change and making moves towards that. Is it time for a little household revolution?

Changing habits within a family unit takes work and persistence and repetition. If everyone is used to you doing most of the work then it will be an adjustment for them that things are about to change. Be positive, communicate clearly your expectations and stay committed!

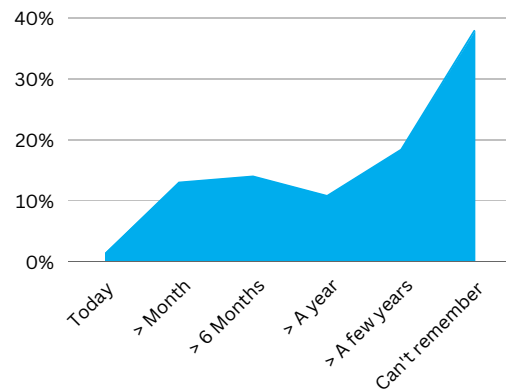
REST

Do you wake up feeling rested?

And I mean - properly rested! Or are you struggling to get good sleep?

Our sleep can be interrupted or lacking quality for many, many reasons but there's lots of small things we can try on when it comes to the environment we sleep in and also the amount of rest we incorporate into our days (so we are not arriving, completely zonked, to bed!)

Our energy is absolutely impacted by our quality of sleep and as the data from the Survey showed - the majority of women who responded haven't felt full of energy for at least a year.




If you need more sleep or to change your relationship with resting - this will likely require a multilayered solution. Those health check-ups I suggested above might throw some light on the issue. But for now there's things that you could try that might help.

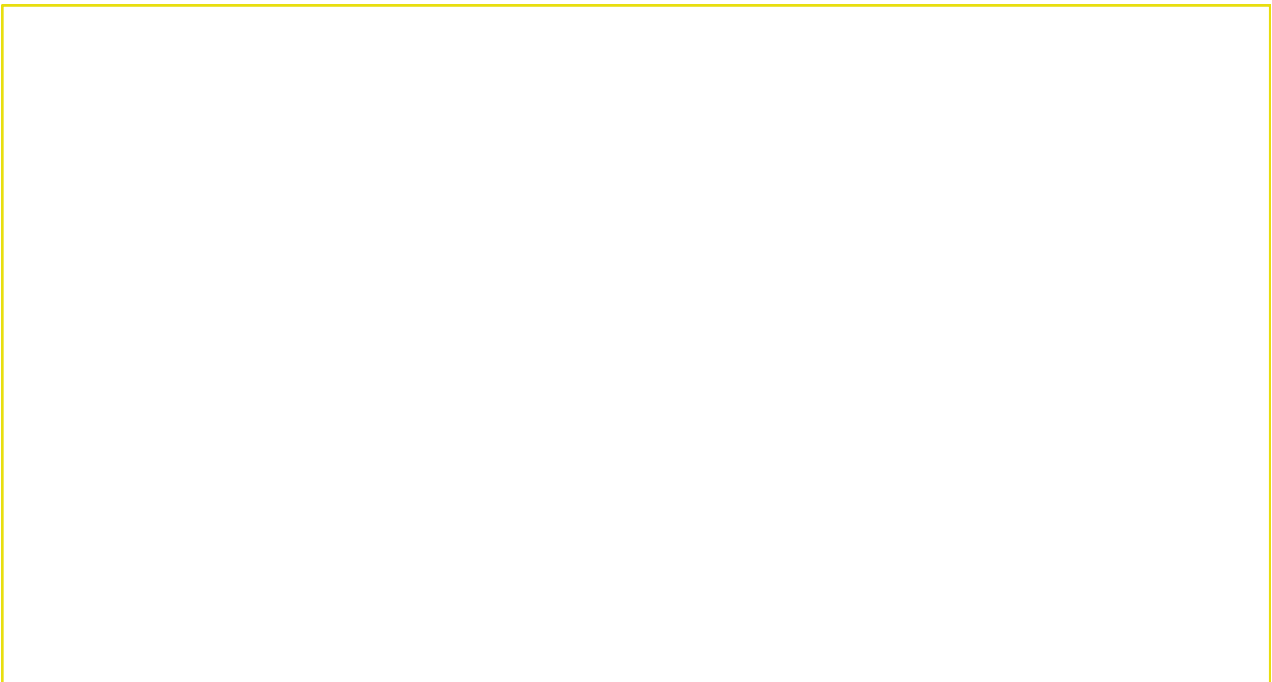
I don't know why good sleep and living a rested life isn't TOP priority for more women. Accepting tiredness and fatigue as a normal part of life is so common and it shouldn't be the case. Most things feel better, easier and more enjoyable when we are rested - yes?

So let's look at where you could make a few changes...

Start by looking at your night-time routine. Is it rest-inducing? Or are you 'wired' at night? How might nights feel more relaxing for you?



Is your bedroom a restful haven? Or is it filled with clutter and mess? What tweaks could you make to your space so that bed feels glorious?



What are the signs your body gives you when it's tired? How can you better support yourself in these moments?

How can you add more rest into every single day - not just at night time? What does a restful day look like to you?

WANT MORE ON THIS TOPIC?

Check out Conversations with Lisa
Episode 110 - A Simple Night-time Shift

LISTEN NOW

And Episode 5 - I'm Still Standing - A
Conversation On Honouring Rest

LISTEN NOW



I hope this has been helpful and given you lots of starting points to explore why you feel lacking in energy and how to get it back!

You deserve to focus on yourself and make this a priority.

I look forward to continuing to support you on my social media channels and my podcast and I'll continue sending you helpful emails (until you tell me to stop!)



If you'd like to work with me, then your best bet is to jump on the Waitlist for [The Change Room](#) where I walk women through my signature process for changing areas of their life that need an upgrade.

Sending you big love,

Lisa X

