

Is It Laziness or Low Energy?

A Self-Assessment Guide to Understanding What's Really Draining You

NOTE: I'm not a doctor, but I've lived through exhaustion, brain fog, and feeling 'lazy' when really, my body needed help. This guide is based on research and personal experience—to help you recognize what's happening in your own body and get real answers. You deserve to feel good again!

Be kind to yourself. Even small steps forward matter.

Step One - The Self-Assessment Checklist

Instructions:

On the next page, check off anything that **applies to you**. Then, see the results section to understand **possible causes**.

Step Two - Your Results

How to Use Your Results:

- ✓ If you checked **mostly in one category**, start there - **that's likely your biggest energy drain!**
- ✓ If you checked **multiple categories**, it's ok. **Energy issues are complex, but every step forward helps.**

IMPORTANT REMINDER

You are not lazy.

Low energy is not a character flaw.

It's your body asking for help.

Step Three - Your Next Steps

- ✓ **Bring this checklist to your doctor** if you suspect a deficiency or medical issue.
- ✓ **Choose ONE small change** today -- hydration, better sleep habits, stress relief, etc.
- ✓ **Give yourself permission to rest without guilt.** Some days, just making it through is enough!

**Remember
this**

If you wouldn't say it to someone you love, don't say it to yourself. You deserve the same kindness and patience you'd give a friend or your own child. Give yourself grace and take the next small step.

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Take the assessment, then check the instruction page to understand your results and next steps.

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Sleep & Fatigue

- I wake up tired even after 7+ hours of sleep.
- I have trouble falling asleep or staying asleep.
- I wake up multiple times a night and struggle to fall back asleep.
- I snore or have been told I stop breathing at night.
- I feel like I could take a nap almost every day.
- I feel physically weak or heavy when I wake up.

POSSIBLE CAUSES:

Sleep apnea, insomnia, hormone imbalances, stress-related sleep disruption

NEXT STEP:

Track your sleep for a week and discuss patterns with your doctor.

Medical & Nutrient Deficiencies

- I feel exhausted even after a full night's sleep.
- I've gained or lost weight unexpectedly.
- My hair is thinning or falling out more than usual.
- I often feel dizzy, lightheaded, or weak.
- My skin is dry, pale, or dull-looking.
- My hands and feet are always cold.
- I have frequent brain fog or trouble focusing.
- I bruise easily or have slow-healing wounds.

POSSIBLE CAUSES:

Low iron (anemia), Vitamin D or B12 deficiency, thyroid dysfunction, perimenopause/menopause

NEXT STEP:

Consider requesting a **full blood panel** (thyroid, iron, B12, vitamin D) and track symptoms.

Stress, Burnout & Mental Load

- I feel overwhelmed by daily tasks, even simple ones.
- I get irritated or emotional over things that wouldn't usually bother me.
- I zone out or "scroll endlessly" instead of doing what I need to do.
- I feel mentally foggy or struggle with decision-making.
- I feel exhausted but wired, like I can't fully rest.
- I struggle with motivation but know I want to do things.

POSSIBLE CAUSES:

Chronic stress, burnout, adrenal fatigue, undiagnosed anxiety or depression

NEXT STEP:

Reduce **mental clutter** by journaling, delegating tasks, and taking **real** (not just screen) breaks.

Nutrition & Hydration

- I skip meals or often eat processed foods.
- I rely on caffeine or sugar to stay awake.
- I don't drink enough water.
- I feel shaky, jittery, or lightheaded if I go too long without eating.
- I get headaches or muscle cramps regularly.
- My digestion feels slow, bloated, or irregular.

POSSIBLE CAUSES:

Dehydration, blood sugar imbalance, low magnesium or electrolyte depletion

NEXT STEP:

Track **what and when** you eat. Try protein-based meals and **consistent hydration**.