

EMMILLIO

SHARPEN YOUR 'AXE'



WORKBOOK

BLOCK 1

INTRO: THE
4 ENERGY
LEVELS

BLOCK 2

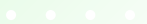
PHYSICAL
& MENTAL
ENERGY

BLOCK 3

EMOTIONAL
& SPIRITUAL
ENERGY

BLOCK 4

SELF
CARE:
LET'S TALK
MORE



NAME



ENERGY ASSESSMENT

Please fill this out to see where you are before you start

DATE

PHYSICAL

The energy that powers the body's ability to move, stay awake and survive

0 1 2 3 4 5 6 7 8 9 10

DRAINED

ENERGISED

MENTAL

The energy that powers the ability to think, process thoughts, problem solve, concentrate & focus

0 1 2 3 4 5 6 7 8 9 10

DRAINED

ENERGISED

EMOTIONAL

The energy that powers mood, motivation, tolerance level of challenge(s)

0 1 2 3 4 5 6 7 8 9 10

DRAINED

ENERGISED

SPIRITUAL

The energy that powers sense of right and wrong, values, purpose and/or connection to anything greater than oneself

0 1 2 3 4 5 6 7 8 9 10

DRAINED

ENERGISED

Do you have a lot going on? Experienced burnout before and don't want to again? You might benefit from the Sharpen Your 'Axe' Workshop (PTO for More Info)

ENERGY CHART

FATIGUE

Tick which ones you relate to

	Physical	Mental	Emotional	Spiritual
Signs of Fatigue	Sleepy <input type="checkbox"/>	Inability to focus/concentrate/make decisions <input type="checkbox"/>	Low Tolerance to Stress/Stressful situations <input type="checkbox"/>	Lack of Clarity in 'Real' Spiritual mission <input type="checkbox"/>
	Aches and pains <input type="checkbox"/>	Irritable towards things/people <input type="checkbox"/>	Feeling irritable towards things/people <input type="checkbox"/>	Difficulty making decisions <input type="checkbox"/>
	Feeling 'run down' <input type="checkbox"/>	Poor memory <input type="checkbox"/>	Loss of motivation/drive <input type="checkbox"/>	Things, 'just don't feel right' <input type="checkbox"/>
	Shortness of Breath (extreme) <input type="checkbox"/>	Confusion <input type="checkbox"/>	Detached and Disengaged from things/people <input type="checkbox"/>	Feelings of unhappiness <input type="checkbox"/>
	<input type="checkbox"/>	Decreased efficiency/effectiveness <input type="checkbox"/>	Feeling hopeless/helpless <input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	Procrastinating <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	Difficulty breaking things down <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Triggers	<input type="checkbox"/>	Easily Distracted <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Overworking <input type="checkbox"/>	Over thinking <input type="checkbox"/>	Fear <input type="checkbox"/>	Acting Contrary to Code of Honour <input type="checkbox"/>
	Lack of physical rest/breaks from work <input type="checkbox"/>	Lack of breaks <input type="checkbox"/>	Anxiety <input type="checkbox"/>	Acting Contrary to 'Real Spiritual Mission', often due to external forces <input type="checkbox"/>
	Poor eating habits <input type="checkbox"/>	Lack of variety in life <input type="checkbox"/>	Negative energy e.g. cynicism (via people/personal perspective/events/etc) <input type="checkbox"/>	Not spending enough time doing things you truly enjoy <input type="checkbox"/>
	<input type="checkbox"/>	Taking on too much work <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	Multi tasking <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Social Media <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

RESTORATION

Tick the options that already work for you, you would consider, or you want to try.

	Physical	Mental	Emotional	Spiritual
How To Restore Energy	Sleep (at least 7hrs) <input type="checkbox"/>	Willpower breathing (7sec in, 8sec out) <input type="checkbox"/>	Deep abdominal breathing (5 sec in, 5 sec out) <input type="checkbox"/>	Revisit your personal life mission/code of honour - tweak if necessary <input type="checkbox"/>
	Take a nap (5-15mins) <input type="checkbox"/>	Move on to another task <input type="checkbox"/>	State facts but always find the positive in things/events/people <input type="checkbox"/>	Pray/Read Religious Scripture <input type="checkbox"/>
	<input type="checkbox"/>	Tidy Up <input type="checkbox"/>	Emotional Dump - Write a journal entry on what is on your mind <input type="checkbox"/>	Do a ritual aligned with one of your core values <input type="checkbox"/>
	<input type="checkbox"/>	Online Clean Up (Minmise Internet Tabs, clean desktop, delete unnecessary files) <input type="checkbox"/>	Express gratitude to others (via spoken word/email/text/prayer/self talk/etc) <input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	Read (3 pages minimum) <input type="checkbox"/>	Write a journal entry of things that you are grateful for <input type="checkbox"/>	<input type="checkbox"/>
How To Prevent Fatigue	Sleep at least 9 hours <input type="checkbox"/>	Work on one thing at a time <input type="checkbox"/>	10 mins of deep abdominal breathing twice a day (Morning/Bed time) <input type="checkbox"/>	Create core values with rituals to honour them (make as part of your lifestyle) <input type="checkbox"/>
	Have regular wake up & Bed times <input type="checkbox"/>	Keep a daily journal with reflection <input type="checkbox"/>	Keep a daily journal of everything that goes on with a positive perspective <input type="checkbox"/>	Determine personal goal and make a note of reminding yourself of it weekly <input type="checkbox"/>
	Exercise (at least 3 times a week) <input type="checkbox"/>	Take mental breaks (5 willpower breathing) every few hrs <input type="checkbox"/>	Design and stick to a balanced life routine <input type="checkbox"/>	Design and stick to a balanced life routine <input type="checkbox"/>
	Design and stick to a healthy diet and eating routine <input type="checkbox"/>	Pomodoros/Work Sprints <input type="checkbox"/>	Engage regularly in an activity that helps purge emotions (e.g. speaking with a friend, doing a combat sport like boxing, creating) <input type="checkbox"/>	<input type="checkbox"/>

EATING OPTIONS (1/4)

PHYSICAL ENERGY

FOOD	BENEFITS	?
Oats	Provides sustained energy due to high fibre content	
Bananas	Rich in natural sugars, potassium, and vitamin B6 for energy production.	
Salmon	High in protein and omega-3 fatty acids for muscle recovery and energy.	
Sweet Potatoes	Complex carbohydrates provide lasting energy and stabilize blood sugar levels.	
Eggs	Rich in protein and B vitamins for metabolism.	
Quinoa	Contains essential amino acids, providing a complete source of energy.	
Chicken Breast	Lean protein that supports muscle repair and energy.	
Greek Yogurt	High in protein and probiotics for digestive health and energy.	
Almonds	Rich in healthy fats and magnesium, which aids energy production.	
Spinach	Packed with iron and vitamins, which help in oxygen transport and energy.	

EATING OPTIONS (2/4)

MENTAL ENERGY

FOOD	BENEFITS	?
Dark Chocolate	Boosts brain function and reduces stress due to flavonoids.	
Blueberries	Rich in antioxidants, improving brain function and mental clarity.	
Nuts	Provides healthy fats that improve cognitive function.	
Green Tea	Contains L-theanine and caffeine for improved focus and alertness.	
Coffee	Enhances alertness and concentration with caffeine.	
Whole Grains	Provides steady glucose release for sustained mental energy.	
Broccoli	High in antioxidants and vitamin K, supporting brain health.	
Oranges	High in protein and probiotics for digestive health and energy.	
Pumpkin Seeds	Contains magnesium and zinc, essential for brain health.	
Eggs	Rich in choline, supporting neurotransmitter production and memory.	

EATING OPTIONS (3/4)

EMOTIONAL ENERGY

FOOD	BENEFITS	?
Leafy Greens	High in folate, supporting mood regulation and reducing depression risk.	
Avocado	Rich in healthy fats and vitamins that improve mood stability.	
Whole Grains	Provides steady energy release and improves mood through complex carbs.	
Fermented Foods	Supports gut health, which is linked to improved mood and emotional well-being.	
Chamomile Tea	Calming properties help to reduce anxiety and stress.	
Dark Chocolate	Contains phenylethylamine, which can enhance mood.	
Walnuts	Rich in omega-3 fatty acids, which support brain function and mood.	
Berries	Packed with antioxidants that can help reduce oxidative stress.	
Tomatoes	Contains lycopene, which has been linked to reduced depression symptoms.	
Fish Oil	High in omega-3 fatty acids, supporting emotional well-being.	

EATING OPTIONS (4/4)

SPIRITUAL ENERGY

FOOD	BENEFITS	?
Herbal Teas	Calming properties help to reduce anxiety and stress.	
Turmeric	Anti-inflammatory properties that support a balanced mood.	
Ginger	Improves digestion and has anti-inflammatory effects, aiding in spiritual balance.	
Coconut Water	Rehydrates and revitalizes the body, enhancing overall spiritual energy.	
Chia Seeds	Rich in omega-3 fatty acids and antioxidants, supporting holistic health.	
Honey	Natural source of energy that also has antibacterial properties.	
Matcha Tea	Provides sustained energy and a calm focus, enhancing mindfulness.	
Cinnamon	Supports healthy blood sugar levels and has antioxidant properties.	
Pomegranate Juice	Rich in antioxidants, supporting overall vitality and spiritual well-being.	
Fennel Seeds	Aids in digestion and is thought to balance the body's energies.	

NB: You can add any foods that you associate with your sense of self or morals (e.g. childhood or religious foods)



ENERGY ASSESSMENT

ONE MONTH LATER.....

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STAY IN TOUCH: CONTACT DETAILS

LET ME KNOW HOW YOU GET ON

Category	LINK/QR CODE
EMAIL	CONTACT@EMMILLIO.COM
WEBSITE	WWW.EMMILLIO.COM
LINKEDIN	 SCAN ME
TESTIMONIALS & SUCCESS STORIES	 SCAN ME