

WHY AM I STILL TIRED?

The High Functioning Woman's Energy Checklist



*Uncover the hidden reasons your energy
and mental clarity may be suffering - even
when you're "doing everything right".*

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Introduction

You don't need more discipline.

You don't need to push harder.

You don't need another extreme protocol.

You need clarity around what your body is actually asking for.

This gentle self-assessment will help you identify common but often overlooked drivers of fatigue and brain fog in high-functioning women.

Tick any statements that feel familiar.

01

Energy & Blood Sugar

- I often skip meals or go long periods without eating.
- I experience energy crashes or feel irritable if I don't eat regularly.
- I crave sugary foods or drinks, especially in the afternoon.
- I feel shaky, lightheaded, or anxious between meals.
- I rely on caffeine or sugary snacks to get through the day.
- I tend to undereat earlier in the day and overeat at night

If yes: Blood sugar instability may be quietly driving fatigue, anxiety, and brain fog.

02 Under-fuelling

- I restrict my calorie intake or follow a very low-calorie diet.
- I'm afraid of eating carbohydrates or fats.
- I often feel hungry or unsatisfied after meals.
- I exercise intensely but don't eat enough to fuel my workouts.
- I'm constantly thinking about food and my weight.
- I feel cold, flat or depleted

If yes: Your body may be operating in a low-energy availability state.

03 Sleep

- I have trouble falling asleep or staying asleep.
- I often wake up feeling tired or unrefreshed.
- I don't have a consistent sleep schedule.
- I use electronic devices (phone, laptop, etc.) before bed.
- I feel wired but tired.
- I often wake during the night

If yes: Fatigue isn't just about hours in bed – it's about nervous system regulation and circadian rhythm support.

04 Nervous System & Stress

- I feel overwhelmed or stressed most of the time.
- I have difficulty relaxing or switching off.
- I often feel anxious or on edge.
- I have trouble saying no to others.
- I don't make time for activities that I enjoy.

If yes: Your body may be prioritising survival over energy production.

05 Gut Health

- I feel bloated or uncomfortable after eating
- I have constipation, loose stools, or irregular bowel movements
- I experience reflux, heartburn, or indigestion
- I have multiple food sensitivities
- I feel worse after certain meals but can't pinpoint why

If yes: Poor digestion can impair nutrient absorption and energy production.

05 Micronutrients & Caffeine

MICRONUTRIENT GAPS

- I rarely eat oily fish
- I don't eat much red meat or iron-rich foods
- I avoid dairy or fortified alternatives
- I have heavy periods
- I've never had blood tests done
- I have a limited diet

If yes: Suboptimal micronutrient status may be quietly reducing your energy, resilience, and mental clarity.

CAFFEINE & STIMULANTS

- I need coffee to function
- I feel worse without caffeine
- I drink coffee on an empty stomach
- I use energy drinks or pre-workouts
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If yes: Stimulants may be masking underlying depletion rather than resolving the root cause of your fatigue.

06 Training Load & Hormones

TRAINING LOAD VS RECOVERY

- I train hard most days
- I rarely take rest days
- I feel more tired after exercise, not better
- My performance is plateauing

If yes: Your current training volume may be exceeding your recovery capacity, increasing stress on your nervous system and energy reserves.

HORMONAL SIGNALS

- PMS, painful or heavy periods
- Irregular cycles
- Low libido
- Mood swings
- Sleep worsens before my period

If yes: Your hormones may be responding to chronic stress, under-fuelling, and micronutrient gaps rather than a standalone “hormone problem.”



WHAT YOUR RESULTS MEAN

If you ticked several boxes, your tiredness is not a personal failing.

It's feedback.

Your body is communicating that something in your internal environment needs support.

FIRST 5 FOUNDATIONS

- ✓ Eat 3 balanced meals with protein, carbohydrates, fibre, and healthy fats
- ✓ Eat a protein rich breakfast within 60–90 minutes of waking
- ✓ Get natural daylight every day, ideally in the first 1-2 hours of waking
- ✓ Reduce caffeine on an empty stomach
- ✓ Create a simple wind-down routine in the evening

Consistency beats perfection.



READY FOR THE NEXT STEP?

I help high-performing women build elite-level energy and mental clarity through personalised nutrition and lifestyle strategy - giving them the edge to sustain high performance at work and at home.

BOOK A FREE WELLBEING REVIEW CALL [HERE](#)

And let's discuss your symptoms and the next steps to restore your energy and regain your spark

