

StrongHer FAB Method

Week 1 Participant Workbook

A printable Week 1 workbook for women in business who are ready to reset their energy and rebuild their foundation.

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How to use this workbook

Use this workbook during your Week 1 session and across the days that follow. It gives you the space to reflect, notice patterns, and choose a few supportive actions without overwhelm.

Week 1: Reset Your Energy

This first week is about slowing down enough to notice what your body has been trying to tell you. The goal is not to do more. The goal is to understand what depletion looks like and start rebuilding your foundation with more support and less pressure.

You are not failing. You are depleted. And depletion needs support, not more pressure.

Week 1 at a glance

FAB focus

Foundation. We start by supporting energy before asking for more from the body.

Main goal

Help participants notice depletion and respond with support rather than pressure.

This week's support

Hydration, sleep, quiet pauses, and reducing unnecessary overwhelm.

Quick win

Feeling clearer about what the body needs and where energy is being lost.

What women will learn this week

- What depletion actually looks like in real life
- Why slowing down is not a weakness
- How to overcome feeling overwhelmed
- How stress, poor sleep, hydration, and overwhelm affect energy
- What small shifts can support energy this week

Teaching focus

Many women normalise tiredness, brain fog, poor sleep, and low resilience. Week 1 helps them see that awareness comes before change, and that foundation matters before transformation.

Depletion doesn't announce itself.

It disguises itself as something else, and you've been believing the disguise.

Depletion in disguise

What you think it is, and what it actually is

We call it...

Stress

Your nervous system is running on fumes. No buffer left for minor irritations.

We call it...

Burnout

The things that used to excite her don't land. You need sleep and protein, not a new direction.

We call it...

Getting older

Forgetting words, losing focus. Often blood sugar instability and an under-fuelled brain.

We call it...

Imposter syndrome

Second-guessing decisions you've once made without hesitation. Physiological, not psychological.

We call it...

Anxiety

Waking at 3am, mind racing. Often cortisol dysregulation, a fuelling problem in an anxiety costume.

We call it...

Hormones

Disproportionate emotional responses. Depletion removes the regulation capacity entirely.

We call it...

Middle-age spread

Body feels different, weight shifting. Often elevated cortisol and the body in storage mode.

We call it...

Losing herself

Can't remember what you enjoy. You've been last on your own list so long you can't locate yourself.

Overwhelm is not a character flaw.

It is what happens when demand exceeds capacity for long enough.

The anatomy of overwhelm

WHAT YOU EXPERIENCE

- Everything feels urgent, and equally important
- You can't start anything because she can't choose what to do first
- Your mind races, even when she's trying to rest
- You feel behind before the day has started
- Small tasks feel enormous
- You're productive on the surface, and exhausted underneath

WHAT'S ACTUALLY HAPPENING

- The prefrontal cortex, the decision-making brain is offline under sustained stress
- Cortisol is chronically elevated, keeping the nervous system in threat mode
- Sleep deprivation has reduced the brain's ability to filter and prioritise
- Under-fuelling means the brain has insufficient glucose for executive function
- Your capacity has been eroded, but the demands have stayed the same

How to reduce overwhelm — practically

Not mindset hacks. Physiological and structural changes that restore the brain's capacity to function.

1 Reduce the physiological load

- Eat within 90 minutes of waking, blood sugar stability is the foundation of clear thinking
- Protect sleep as the non-negotiable it is, even 30 minutes more changes everything
- Reduce caffeine before food, cortisol on an empty stomach amplifies the threat response
- Move your body, even a ten-minute walk lowers cortisol measurably

2 Reduce the cognitive load

- Write it down, get everything out of your head and onto paper. The brain is not a storage system
- Choose three things that actually matter today, not twenty. Three.
- Batch decisions, make routine choices at a fixed time so your brain isn't depleted by midday
- Remove one obligation this week that is draining you without giving anything back

3 Restore your capacity

- Build one genuine rest point into each day, not scrolling. Actual stillness.
- Say no to one thing. Just one. And notice that the world doesn't end.
- Ask for help with something you've been carrying alone
- Protect one hour this week that is entirely yours, no output required

Reflection prompts

What feels harder right now than it should

What signs of depletion have I been ignoring?

Where am I pushing through when I really need support?

What does my body need more of this week?

Week 1 action steps

- Choose one or two supportive actions only
- Drink water more consistently
- Support sleep where possible with an earlier bedtime or calmer evening routine
- Reduce one draining habit or pressure point
- Notice energy dips without judging them

Gentle reminder

You do not need a perfect week. You only need a more supportive one.

Choose One — Just One

Options to choose from

- Drink water more consistently
- Support sleep with one small change
(earlier bedtime, phone out of the room)
- Reduce one draining habit or obligation this week

The mindset shift

- Notice energy dips without judging them
- Write down what was happening when they hit
- One action. One week. That's the whole ask.

My Week 1 commitment

This week, I will support my energy by:

The one thing I most need to reduce is:

The one thing I most need to restore is:

Mini tracker

Day	Hydration	Sleep	Quiet Pause	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

End-of-week reflection

What did I notice about my energy this week?

What helped me feel even slightly better?

What do I want to carry into next week?

Affirmation for the week

I honour what my body has been trying to tell me. Slowing down is part of rebuilding.

Thank you for attending week 1 – Reset your Energy.

It's been wonderful to see you ready to Reset your Energy.

If you'd like to delve deeper, please get in touch.

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