

FREE GUIDE

Hidden causes of leaked energy

Where your energy is actually going—and how to get it back

What you'll learn

- Understand the four systems that quietly drain energy
- Identify the leak that feels most true for you
- Start with simple first steps instead of forcing discipline

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Energy is not something you force. It's something you stop losing.

Recover Your Energy

01

Introduction

If you feel tired on a regular basis, your first instinct is usually to fix it by adding something.

You try to sleep more.

You try to eat better.

You try to push yourself to be more disciplined.

And when that doesn't work, it's easy to assume that something is wrong with you.

But in most cases, that's not the problem.

The real issue is much simpler—and much more frustrating:

You are not lacking energy.

You are losing it continuously, in ways you don't see.

These losses don't feel dramatic.

They don't show up as clear problems.

Instead, they feel like:

- normal tiredness
- lack of focus
- a general sense that something is off

You can sleep eight hours, eat relatively well, and still feel:

- mentally foggy
- physically tense
- inconsistent in your energy

At that point, the question is no longer:

“How do I get more energy?”

It becomes:

Where is my energy actually going?

The 4 systems

1. BODY — Mechanical energy

Your body is constantly working in the background.

Even when you are sitting still, your muscles are stabilizing you.

When this system works well, it feels effortless.

When it doesn't, your body compensates.

Some muscles overwork.

Others don't engage enough.

The result is subtle but powerful:

Your body starts using energy just to hold itself together.

This shows up as:

- fatigue without clear reason
- tightness in the back, hips, or shoulders
- discomfort after normal activities

First step

Focus on restoring control.

Slow, controlled movements that emphasize stability—not intensity—allow your body to become more efficient.

2. BRAIN — Dopamine and attention

Your brain is constantly exposed to stimulation.

Notifications, scrolling, and task switching create repeated dopamine spikes.

Over time, this lowers your baseline.

This makes normal activities feel less engaging.

You may notice:

- difficulty focusing
- constant urge to check your phone
- low motivation for simple tasks

This is often mistaken for laziness.

In reality, it's overstimulation.

First step

Reduce unnecessary inputs.

Create periods of low stimulation so your brain can reset.

3. NERVOUS SYSTEM — Stress and recovery

Your nervous system determines whether your body is in action or recovery.

Many people stay in low-level activation all day.

Not enough to feel stressed—but enough to prevent recovery.

This creates a specific feeling:

- tired but not relaxed
- tense even at rest
- always slightly “on”

Recovery only happens when your system downregulates.

First step

Introduce moments of calm.

Slow breathing, especially with longer exhales, helps your body shift into recovery.

4. METABOLISM — Fuel and stability

Energy depends on stability, not just intake.

If your meals create spikes and crashes, your energy will fluctuate.

This often leads to:

- post-meal fatigue
- cravings
- brain fog

Chronic low-grade inflammation can also create constant fatigue.

First step

Aim for stable energy:

- prioritize protein and fiber
- reduce large spikes, especially early in the day

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Where to start

It's tempting to fix everything at once.

That rarely works.

Instead, ask:

Which section felt most accurate?

That is your biggest energy leak.

Start there.

Keep it simple.

Let progress build over time.

Simple baseline

Morning:

slow breathing and light activation

Day:

reduce stimulation and take short resets

Evening:

lower inputs and prepare for recovery

Final thought

Most people try to force energy.

They rely on caffeine, motivation, and discipline.

But energy doesn't work that way.

When you stop draining it, you don't need to force it.

It comes back naturally.

I'm currently building a more complete system to help people fix their energy at the root.

If this guide resonated with you, you'll receive a few follow-ups with:

- deeper explanations
- practical protocols
- and early access if I turn this into a full program