



Welcome to Week 2 of Mission Ignition: Energy!  
With Dr. Sara Gottfried, M.D.

You may access all of the worksheets, week by week, right here:  
<http://www.saragottfriedmd.com/worksheets>

Here is your homework for this week.

1. Overwhelm is a common SYMPTOM of adrenal dysregulation and an obstacle to repair. But keep in mind, as you complete this assignment, that the obstacles don't impede your path--they are your path.

A. What are 3 factors that cause or contribute to your overwhelm?

B. What are 3 actions or thoughts that make you feel more powerful, capable or balanced?

C. Are there any new strategies you've learned over the past 10 days in MIE that help you feel empowered?

a.
b.
c.

2. If you had all the money in the world, what are 3 tests you would perform to assess your health?

a.
b.

c.

3. Can you commit to a contemplative practice this week that you perform for at least 5 minutes, at least 5 days per week? What is it (list at least one, extra credit for more than one).
