



Your World Wellbeing Week check-in



This simple check-in sheet has been created for World Wellbeing Week to help you take small, meaningful steps to look after your mental, physical, and emotional health.

Each section includes practical ideas to try during the week. Use the space provided to tick off the ones you complete, or jot down how they made you feel. There's no pressure, just explore what works for you and make time for your wellbeing in whatever way you can.

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1. Connect with Others

- Take time each day to be with your family – for example, eat dinner together without distractions.
- Arrange a catch-up or day out with a friend you haven't seen in a while.
- Switch off the TV and talk or play a game with your children, friends, or family.
- Have lunch or go for a walk with a colleague.
- Visit or call someone who might be feeling isolated or in need of support.
- Use video chat (like FaceTime or Zoom) to stay in touch with loved ones who live far away.
- Volunteer your time or skills to help a local school, hospital, or community group.

Reflection space:



2. Be Physically Active

- Go for a walk outdoors and notice your surroundings.
- Try a short workout, yoga session, or stretching exercise at home.
- Take the stairs instead of the lift when possible.
- Walk or cycle instead of using the car for short trips.
- Join a group exercise class or activity (online or in-person).

Reflection space:



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3. Learn New Skills

- Try cooking a new recipe or learning a creative skill.
- Watch a documentary or listen to a podcast on a topic that interests you.
- Take part in a free online class or tutorial.
- Learn a few phrases in another language.
- Read a book or article that expands your knowledge.
- Ask someone to teach you something they know well.

Reflection space:



4. Give to Others

- Compliment someone or express genuine appreciation.
- Offer to help a neighbour, friend, or colleague.
- Donate to a charity or support a cause you care about.
- Volunteer in your local community, even in small ways.
- Send a kind message or write a thank-you note.
- Share something you've made, learned, or found helpful with others.

Reflection space:



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5. Take Notice (Mindfulness)

- Pause for a few moments each day to be present what can you see, hear, smell, or feel?
- Practice mindful breathing or a short meditation session.
- Keep a gratitude list, write down three things you're thankful for.
- Eat one meal slowly, savouring the taste and texture.
- Take a mindful walk, paying attention to your steps and your surroundings.
- Pause to reflect before jumping into the next task.

Reflection space:

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