

The 40+ Wellness Check-In

How are you,
REALLY?

A 10-minute self-check
to help you discover
what's really going on
beneath "I'm fine"

Created by Clare
#HealthyVibes



Welcome

Hi, I'm Clare. I'm in my 40s and, like so many women, I'm still figuring out what works for me.

Let's get one thing out of the way first... I don't have all the answers.

If you're looking for someone who's perfected wellness, follows the perfect routine every day and never has an "I'll start again on Monday" moment, that's definitely not me! I'm learning as I go, just like so many other women.

What I have realised is that looking after ourselves doesn't have to mean turning our lives upside down. We don't need another strict plan or another promise that we'll become a completely different person.

Instead, it's about paying attention to how we feel, the habits we've fallen into and the small, everyday choices that help us feel our best.

That's why I created this check-in. Not to tell you what you should be doing, but to give you the chance to pause, reflect and check in with yourself.

It'll only take around 10 minutes, but it might help you notice something you've been overlooking for much longer.

You might discover you're already doing more than you think, or you might spot one or two areas you'd like to work on. Either way, that's a great place to start.

A different approach

You won't find calorie targets, strict meal plans or a long list of rules in these pages. Instead, you'll find simple questions, chances to reflect and gentle prompts to help you think about your own wellbeing.

There are no scores to add up, no gold stars to collect and no such thing as a perfect answer. This isn't about judging where you are in your wellness journey; it's about understanding where you are and deciding where you'd like to go next.

Take your time as you work through these pages. Pause when a question makes you think and make a note if something stands out to you.

You might find it helpful to come back to this check-in in a few months' time and complete it again. You may be surprised by how much has changed... or how much you've already achieved without even noticing.

One question before we begin...

Before you turn the page, pause for a moment...

When was the last time you checked in with yourself?

Take a minute to think about your answer.

You may have been so busy getting on with life that you haven't stopped to ask yourself that question for a while.

That's exactly what these next few pages are for. Now is the perfect time to start paying attention to you.



How are you, really?

When someone asks, "How are you?", it's easy to reply, "I'm fine."

But are you?

Take a few moments to check in with where you are today.

Don't overthink it - simply choose the option that feels most like you right now.

Over the past couple of weeks...

How would you describe your energy?

- ☐ Full of energy most days
- ☐ Up and down
- ☐ Running on empty

How well have you been sleeping?

- ☐ I generally wake feeling refreshed
- ☐ It's hit and miss
- ☐ Sleep has been a struggle

How do you feel about the food you're eating?

- ☐ It's working well for me
- ☐ It's okay, but there's room for improvement
- ☐ I know I'd like to make some changes

How often are you moving your body?

- ☐ Most days
- ☐ A few times a week
- ☐ Not as much as I'd like

How much time do you make for yourself?

- ☐ I prioritise it
- ☐ Occasionally
- ☐ Hardly ever

♥ Let's take a closer look

Take another look at your answers on the previous page.

Rather than focusing on the individual questions, try looking at the bigger picture.

Did one area stand out more than the others?

Perhaps your energy feels low because you're not sleeping well. Maybe you're making time to move your body but not much time for yourself. Or perhaps you've realised you're doing better than you thought.

The next few pages aren't about finding problems to fix. They're simply a chance to explore each area in a little more detail and see what you discover.

Remember... you don't need to change everything. Sometimes simply noticing is the first step.





Nourishing your body

Have you ever noticed how quickly food becomes about calories, diets or being "good" or "bad"?
But looking after your body is about much more than that.

Take a moment to check in with the habits that help nourish your body every day.

How often do you make time to eat a proper meal?

- ☐ Most of the time
- ☐ Sometimes
- ☐ Rarely

After eating, how do you usually feel?

- ☐ Satisfied and energised
- ☐ It depends on the day
- ☐ Sluggish, still hungry or low in energy

How would you describe your hydration?

- ☐ I usually drink enough throughout the day
- ☐ Some days are better than others
- ☐ I know I could drink more

How often do you slow down and enjoy your food?

- ☐ Most meals
- ☐ Occasionally
- ☐ I usually eat on the go or while doing something else

Thinking about the past couple of weeks, how do you feel about your eating habits overall?

- ☐ They're working well for me
- ☐ There are a few things I'd like to improve
- ☐ I know they're not supporting me as well as they could





Moving your body

Movement doesn't have to mean long workouts or hours in the gym.

Whether it's walking the dog, stretching, strength training or dancing in the kitchen, every bit of movement counts.

Take a moment to think about how you're moving your body and, more importantly, how it makes you feel.

Which statement feels most like you?

- ☐ I genuinely enjoy moving my body.
- ☐ I enjoy it once I get started.
- ☐ I know I'd feel better if I moved more.

How do you usually feel after you've been active?

- ☐ Energised
- ☐ Proud of myself
- ☐ Relieved it's over
- ☐ It depends on the day

Which of these sounds most like you?

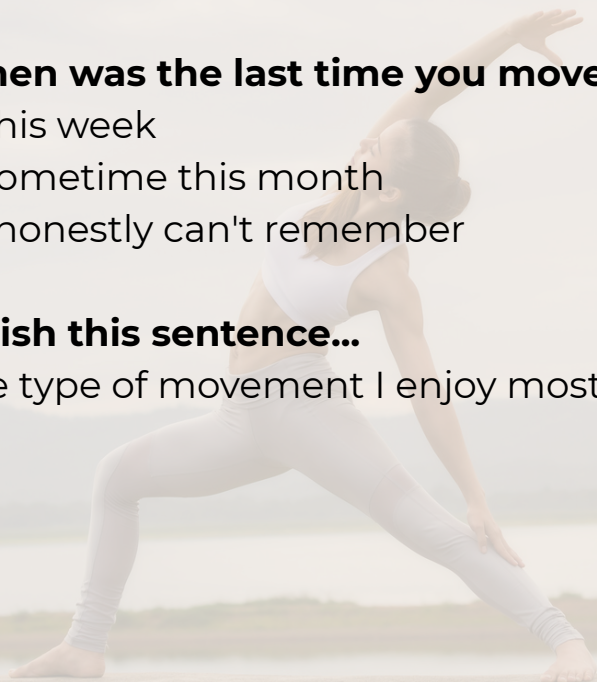
- ☐ I move because it makes me feel good.
- ☐ I move because I know I should.
- ☐ I struggle to find the time or motivation.

When was the last time you moved just because you enjoyed it?

- ☐ This week
- ☐ Sometime this month
- ☐ I honestly can't remember

Finish this sentence...

The type of movement I enjoy most is...



Rest & Recovery

Have you ever realised how often rest is the first thing we sacrifice?

Rest isn't something you have to earn.
It's an important part of looking after yourself, just like nourishing your body and moving it.

Take a moment to check in with how well you're recharging your batteries.

How well do you feel you're sleeping at the moment?

- ☐ I usually wake feeling refreshed.
- ☐ Some nights are better than others.
- ☐ I often wake feeling tired.

When was the last time you truly felt rested?

- ☐ Within the last few days.
- ☐ A few weeks ago.
- ☐ I honestly can't remember.

When life gets busy, what usually happens first?

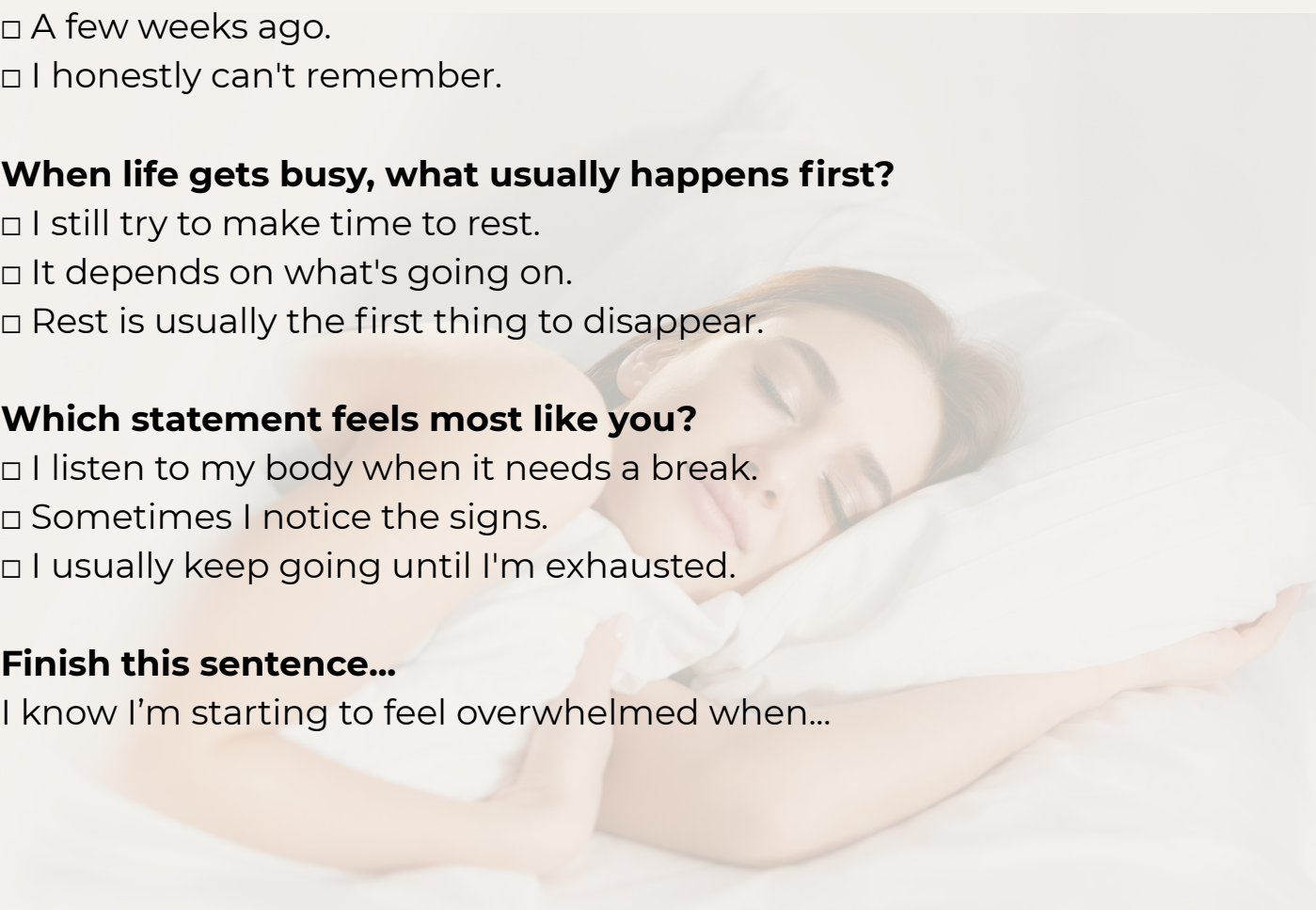
- ☐ I still try to make time to rest.
- ☐ It depends on what's going on.
- ☐ Rest is usually the first thing to disappear.

Which statement feels most like you?

- ☐ I listen to my body when it needs a break.
- ☐ Sometimes I notice the signs.
- ☐ I usually keep going until I'm exhausted.

Finish this sentence...

I know I'm starting to feel overwhelmed when...





Making time for you

Life has a funny way of filling every spare moment. Work, family, friends, the house, appointments, endless to-do lists... before we know it, we've spent another week looking after everyone else without really checking in with ourselves.

Take a moment to think about where you fit into your own list of priorities.

How often do you make time just for yourself?

- ☐ Regularly
- ☐ Every now and then
- ☐ Hardly ever

When was the last time you did something simply because you enjoyed it?

- ☐ This week
- ☐ Sometime this month
- ☐ I honestly can't remember

Which statement feels most like you?

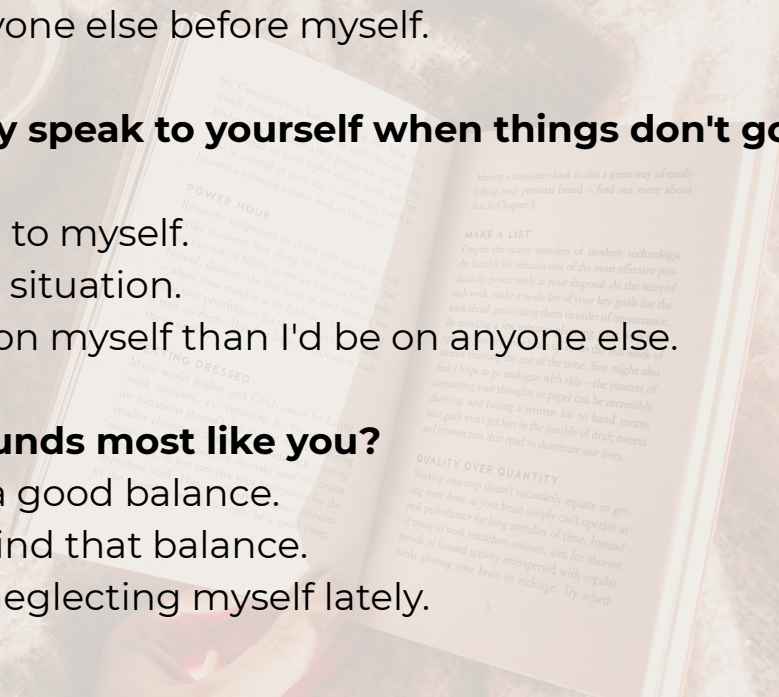
- ☐ I find it easy to say no when I need to.
- ☐ Sometimes I put myself first.
- ☐ I usually put everyone else before myself.

How do you usually speak to yourself when things don't go to plan?

- ☐ I'm generally kind to myself.
- ☐ It depends on the situation.
- ☐ I'm much harder on myself than I'd be on anyone else.

Which of these sounds most like you?

- ☐ I feel like I've got a good balance.
- ☐ I'm still trying to find that balance.
- ☐ I know I've been neglecting myself lately.





Looking back

By now, you've probably started to notice a few patterns. Perhaps you've realised you're already doing better than you give yourself credit for. Or maybe there are one or two areas that have quietly slipped down your list of priorities without you even noticing.

Whatever stood out to you, try not to judge yourself. The purpose of this check-in was never to point out everything that's "wrong". It was simply to create the space to pause for a few minutes and become a little more aware of how you're really doing. Sometimes that's all we need.

Take a moment to complete these sentences.

One thing I'm already doing well is...

One thing that surprised me was...

One area I'd like to pay a little more attention to is...



One last thought

You've just spent a few minutes answering questions about how you're looking after yourself.

Now I'd like to ask you just one more...

If your best friend had answered these questions exactly the same way you just have...

What would you say to her?

Take a moment to really think about this before you read on...

Would you encourage her?

Would you remind her that she's doing better than she thinks?

Would you tell her to be a little kinder to herself?

Now ask yourself...

Why don't you deserve that same kindness?

♥ Let's stay connected

I hope this check-in has given you the chance to pause, reflect and think about your wellbeing in a different way.

Remember, this wasn't about finding everything that's wrong or creating a list of things you need to change. It was simply about becoming a little more aware of where you are today.

If you'd like to explore some of these topics in a little more detail, you can also download my free guide:

📖 **Wellness Made Simple**

A practical introduction to the foundations of everyday wellness, with realistic ideas and simple habits you can build into everyday life.

And finally, the next time someone asks...

"How are you?"

I hope you'll pause long enough to answer honestly.

♥ **Ready for your next step?**

Scan the QR code (or click it if you're on your phone) to discover more free resources, practical wellbeing tips and ways we can stay connected.



See you soon,

Clare x

