

# Small Steps. Big Shifts

This worksheet is designed to help you focus on small daily actions that create momentum for growth and renewal. Tick off one action each day and notice how little changes can make a big shift in your wellbeing and mindset.

Day	Suggested Action	Completed
Monday	Take a walking meeting or go for a 10 minute stroll.	<input type="checkbox"/>
Tuesday	Write down three things you're grateful for.	<input type="checkbox"/>
Wednesday	Reconnect with a colleague or friend.	<input type="checkbox"/>
Thursday	Spend 5 minutes stretching or breathing.	<input type="checkbox"/>
Friday	Celebrate one small win from the week.	<input type="checkbox"/>
Saturday	Do something creative (draw, cook, garden).	<input type="checkbox"/>
Sunday	Reflect: what helped you feel refreshed this week?	<input type="checkbox"/>



We provide a confidential and safe space to chat to a mental health professional, at no cost to you.

