

End of Year Wellbeing Check-In

How are you *really* as 2025 comes to a close?
Not the version you tell everyone else -
the honest one.

This assessment will help you pause, reflect, and lead
yourself with greater intention into the new year.

Five minutes. Twenty-one questions. A clearer picture of
where you're thriving and where you need attention as we
head into 2026.

How to use this assessment

Rate each statement on a scale of 1-5, where:

- 1 = Not at all true / Never**
- 2 = Rarely true / Seldom**
- 3 = Sometimes true / Occasionally**
- 4 = Often true / Frequently**
- 5 = Very true / Always**

Answer honestly based on the last 2-3 months of 2025.



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SHINE COACHING

Mental Wellbeing (Score out of 35)

1. I feel mentally clear and able to focus on the tasks that matter most to me.
2. I take regular breaks from work/screens to rest my mind.
3. I feel in control of my thoughts rather than overwhelmed by them.
4. I engage in activities that stimulate and challenge me in positive ways.
5. I can quieten mental chatter when I need to switch off.
6. I'm learning or developing skills that keep me mentally engaged.
7. I feel confident in my ability to solve problems and make decisions.

Mental Wellbeing Total: ____/35

Emotional Wellbeing (Score out of 35)

1. I feel connected to my core values and what matters most to me.
2. I acknowledge and process my emotions rather than suppressing them.
3. I have people I can talk to honestly about how I'm feeling.
4. I respond to setbacks with self-compassion rather than harsh self-criticism.
5. I regularly experience moments of joy, contentment or peace.
6. I feel emotionally resilient when facing challenges.
7. I'm comfortable setting boundaries that protect my emotional energy.

Emotional Wellbeing Total: ____/35

Physical Wellbeing (Score out of 35)

1. I'm getting enough quality sleep most nights (7-8 hours).
2. I move my body regularly in ways that feel good.
3. I'm eating in a way that nourishes and energises me.
4. I listen to my body's signals (hunger, tiredness, pain) and respond to them.
5. I have energy for the things I want to do each day.
6. I take time to rest and recover when my body needs it.
7. My physical health feels sustainable rather than running on empty.

Physical Wellbeing Total: ____/35

Your Reflections

Highest Score Area: _____

Reflective Questions:

- What specific habits, strategies or practices am I currently doing that are positively impacting this area?
- Which of these do I want to protect and prioritise in 2026?
- Who or what supports me in maintaining strength in this area?
- How can I use this strength to support my other wellbeing areas?

Lowest Score Area: _____

Reflective Questions:

- What's getting in the way of me scoring higher in this area right now?
- If I was showing myself the same compassion I'd show a friend or family member, what would I acknowledge about why this area is challenging?
- What's one small, sustainable change I could make in 2026 that would shift this score by even 2-3 points?
- What support or resources might I need to strengthen this area?

Overall Pattern

Reflective Questions:

- Looking at all three areas together, what patterns do I notice about how I'm currently leading myself?
- What would "good enough" look like across all three areas in 2026 - rather than perfection in one?
- If I was to focus my energy on just **ONE** area in January 2026, which would create the most positive ripple effect across the others?
- What does this assessment tell me about what I truly need as I move into the new year?

Remember:

This isn't about achieving perfect scores - it's about honest self-awareness and intentional self-leadership. Small, sustainable changes rooted in self-compassion will always outpace harsh self-criticism and unrealistic expectations.

Want to turn these insights into meaningful change? I'd love to explore how coaching could support your leadership journey in 2026.



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