

This week, I will...

Mon	Tue	Wed	Thu	Fri
all friend	Help with one practical task	Take a grounding pause	Attempt one manageable challenge	M v o
in rah up	Offer to take the bins out for Mum.	10 mins outside at lunch - breathe + reset.	Finish the presentation first draft.	Sa pla do rig
				

PRINTABLE WELLBEING CHECKLIST

Your 5 Cs Weekly Wellbeing Reset

Use this simple worksheet to notice what you need, choose one manageable action, and reflect without turning wellbeing into a scorecard. You do not need to work on all five Cs at once.

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The 5 Cs at a glance

Connection: meaningful contact, belonging, and mutual support.

Coping: responding to difficult emotions, stress, and setbacks.

Character: acting according to values and taking responsibility.

Contribution: offering time, care, skills, or attention.

Confidence: building realistic belief that skills can develop.

A Weekly Wellbeing Routine

A simple 3-step routine to support your wellbeing and help you grow week by week.



One week. Three steps. A stronger you.

INFOGRAPHIE Process diagram showing three steps for using the 5 Cs of wellbeing during a weekly routine

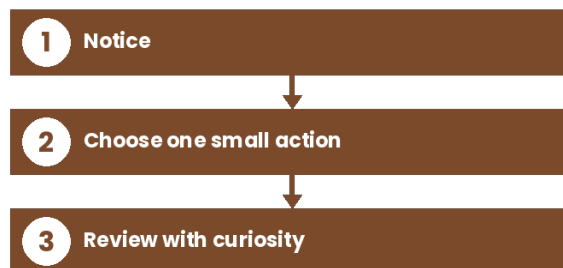
THE 5 Cs OF WELLBEING

Five interconnected foundations that support mental, emotional and social wellbeing



DIAGRAM The five areas of the wellbeing framework: connection, contribution, coping, confidence, and character.

A three-step weekly reset



- 1 Notice**
Briefly consider which area feels supported, stretched, or in need of attention right now. Treat your answer as information, not a judgement.
- 2 Choose one small action**
Pick an action that fits your current energy, resources, and circumstances. One realistic experiment is enough.
- 3 Review with curiosity**
After trying it, ask what helped, what got in the way, and whether another action or more support would be useful.

Choose one action for this week

Connection: contact one trusted person

Send a thoughtful message, have an attentive conversation, or ask clearly for the support you need.

Contribution: take part in one useful task

Offer time, care, skills, or attention without treating usefulness as a condition of your worth.

Coping: make one difficult moment more manageable

Try grounding, or break a demanding task into smaller steps; coping does not mean suppressing feelings.

Confidence: attempt a manageable challenge

Choose something realistic, then review what you learned rather than expecting constant certainty.

Character: make one values-led choice

Act honestly, kindly, or accountably; use reflection to guide yourself, not to punish yourself.

My weekly experiment

The C I want to focus on is: _____ My one small action is: _____
When or where will I try it? _____ What support, boundary, or adjustment might make it more realistic? _____

Quick review

Prompt	Notes
What did I try?	_____
What helped?	_____
What made it harder?	_____
What might I try next?	_____

! Keep the framework in perspective

The 5 Cs are a flexible reflection tool, not a clinical assessment, diagnosis, or scorecard. Wellbeing is also shaped by health, relationships, work, finances, housing, discrimination, caring responsibilities, culture, and access to support. Persistent distress, major disruption to daily life, hopelessness, thoughts of self-harm, or immediate safety concerns require qualified or emergency support.

The 5 Cs used here are connection, contribution, coping, confidence, and character. Other sources may use different combinations, so this worksheet is intended for general reflection rather than clinical evaluation.