



MENOPAUSE AWARENESS MONTH 2025

Small Steps - Big Impact

Workbook



Menopause awareness month 2025

Lifestyle Medicine Challenge



Menopause Friendly Membership



Introduction

Small Steps, Big Impact is a month-long wellbeing challenge designed to help you take meaningful, sustainable steps towards supporting your health during menopause and beyond. Rather than overhauling your lifestyle all at once, the focus is on honest reflection, small weekly actions and the power of shared accountability within our community.

Each week we'll focus on a different area of Lifestyle Medicine: nutrition, movement, sleep and stress, all of which can make a real difference to how we feel day-to-day. At the start of each week, we'll take a few minutes to reflect honestly on two key questions:

- What am I currently doing that supports my wellbeing in this area?
- What am I currently doing (or not doing) that doesn't support me?

From that reflection, you'll choose 1–3 small steps that you can commit to for the week. These are meant to be realistic, achievable actions. Small enough to fit into your life but meaningful enough to create a positive shift.

As part of the challenge, we'll share our commitments with the group at the start of the week, then check in again to celebrate wins, reflect on challenges and learn from each other's experiences. By taking part, you'll see how the small, consistent actions we take, especially when supported and encouraged by a community, can lead to big impacts on our health, energy and confidence.

This is not about perfection. It's about progress, connection and creating healthy habits that work for you. Together, we can show that the little steps we take for ourselves can add up to a big difference in how we feel.





Your objectives

Name: _____ Month: _____

Instructions:

- Each week, reflect honestly on the theme.
- Write down what's supporting you and what's not supporting you.
- Commit to 1–3 small steps that you can realistically achieve.
- At the end of the week, record whether you achieved them and how you felt.





Week 1: Nutrition

What’s supporting me in what I eat and drink?

What’s not supporting me in what I eat and drink?

What are the small steps I’m committing to this week that I’ll share? (Maximum 1-3)

What did I achieve?

Reflections on how I feel:



Week 2: Movement

What’s supporting me in the physical activity I do?

What’s not supporting me?

What are the small steps I’m committing to this week that I’ll share? (Maximum 1-3)

What did I achieve?

Reflections on how I feel:



Week 3: Sleep

What’s supporting me in getting the best from sleep?

What’s not supporting me in getting the best from sleep?

What are the small steps I’m committing to this week that I’ll share? (Maximum 1-3)

What did I achieve?

Reflections on how I feel:



Week 4: Stress

What’s supporting me in managing stress?

What’s not supporting me in managing stress?

What are the small steps I’m committing to this week that I’ll share? (Maximum 1-3)

What did I achieve?

Reflections on how I feel:



Challenge reflection

Which small step made the biggest difference to me?

What new habits do I want to continue?

How do I feel now compared to the start of the challenge?

One thing I've learned about supporting myself:

