



ABI SANDERS

INTEGRATIVE HYPNOTHERAPIST & WELLBEING COACH

— THE —
MENTAL
FITNESS
— CHECK —

A **5-minute** check-in for men
who spend more time looking after
everyone else than themselves.



TAKE FIVE
MINUTES.



ANSWER
HONESTLY.



DISCOVER WHERE
YOU ARE TODAY.



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BEFORE YOU BEGIN

This isn't about being weak.
It's about being honest.

Most men spend their lives solving problems, supporting other people and carrying responsibilities.



WORK



FAMILY



RELATIONSHIPS



MONEY



EXPECTATIONS

Over time, it's easy to get so used to "just getting on with it" that you stop noticing how much pressure you're actually under.

The Mental Fitness Check isn't here to judge you or diagnose you. It's simply a chance to pause for five minutes and ask yourself a question that often gets overlooked:

HOW AM I REALLY DOING?

There are no right or wrong answers.

Just answer honestly.

At the end, you'll discover which mental fitness pattern your responses most closely align with, together with practical suggestions to help you move forward.



**Because recognising where you are
isn't a sign of weakness.**

**It's the first step towards building a
stronger, healthier mind.**











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YOUR MENTAL FITNESS CHECK

Answer each question honestly.
There are no right or wrong answers.

- **At the end of most days, I usually feel...**
 Energised and motivated Tired, but generally okay Drained and mentally exhausted Completely empty and running on autopilot
- **When something is bothering me, I tend to...**
 Talk it through with someone I trust Keep myself busy and hope it passes Throw myself into work or another distraction Keep it to myself and carry on
- **How often do you feel responsible for everyone else's problems?**
 Rarely Sometimes Often Almost all the time
- **When was the last time you genuinely switched off without feeling guilty?**
 This week A few weeks ago A few months ago I honestly can't remember
- **If someone asked how you were today, your honest answer would probably be...**
 I'm doing well. I'm managing. I've been struggling a bit. I'm hanging on by a thread.
- **How connected do you feel to the life you're living?**
 Very connected Mostly connected I'm just going through the motions I've lost sight of who I am
- **How often do you make time for yourself without feeling you should be doing something else?**
 Regularly Occasionally Rarely Never
- **Right now, what best describes your mental fitness?**
 Strong and resilient A little stretched Running on empty I'm surviving rather than living



Once you've answered all the questions,
turn the page to discover your result.





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YOUR RESULTS

Your responses suggest that you're most closely aligned with one of four mental fitness patterns.



Remember, these aren't labels.

They're simply descriptions of where you may be right now.

Patterns can change.

Awareness is the first step.

THE FOUR MENTAL FITNESS PATTERNS



THE CARRIER

You carry a lot for a lot of people.

Responsible, dependable and strong – but often at the expense of your own wellbeing.



THE FIGHTER

You push through, fight hard and rarely back down.

Driven, determined and resilient – but struggle to slow down or show vulnerability.



THE PROTECTOR

You protect others and keep everything under control.

Loyal, committed and always prepared – but find it hard to let your guard down.



THE DRIFTER

You're not sure what you want anymore.

Independent and adaptable – but feeling stuck, lost or disconnected from what matters most.



There's no right or wrong pattern to be in.

Each one develops for a reason. Each one has strengths.

And each one can shift.



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THE CARRIER



You carry a lot for a lot of people.

Responsible, dependable and strong – but often at the expense of your own wellbeing.



WHAT THIS MIGHT MEAN

You're the one others rely on. You take pride in showing up, sorting things out and making sure everyone else is okay. You're strong, dependable and capable. But you may be running on empty, putting your own needs last and feeling guilty when you try to take time for yourself.



WHAT'S PROBABLY KEEPING YOU HERE?

- A deep sense of responsibility
- Not wanting to let people down
- Believing you have to earn rest
- Linking your worth to how much you do



WHAT WOULD HELP?

- Learning to put yourself on your own priority list
- Setting healthy boundaries without guilt
- Allowing yourself rest without needing a reason
- Redefining strength as looking after you too



HOW I CAN SUPPORT YOU

I help men like you step out of over-responsibility and reconnect with what you need. Using a blend of hypnotherapy, mindset work and practical strategies, we'll work together to help you release the pressure, set boundaries and build a life that supports you – not just everyone else.



**You don't have to carry it all.
You just have to start putting some of it down.**

You matter too.



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THE FIGHTER



You push through, fight hard and rarely back down.

Driven, determined and resilient – but struggle to slow down or show vulnerability.



WHAT THIS MIGHT MEAN

You're the go-to person who gets things done. You set high standards for yourself and others. You thrive under pressure and don't shy away from a challenge.

But you might be stuck in 'always on' mode, finding it hard to switch off or ask for help.



WHAT'S PROBABLY KEEPING YOU HERE?

- A need to prove yourself
- Fear of looking weak or falling behind
- Pushing through instead of pausing
- Measuring your worth by your output



WHAT WOULD HELP?

- Learning to rest without guilt
- Giving yourself permission to slow down
- Letting go of needing to be in control
- Building self-worth that isn't tied to achievement



HOW I CAN SUPPORT YOU

I help men like you step out of constant pressure and into a healthier, more sustainable way of living.

Through hypnotherapy, mindset work and practical strategies, we'll work together to help you break the cycle, manage stress and create space for what matters most – including you.



**You don't need to keep proving yourself.
True strength is knowing when to pause.**

You've earned the right to breathe.



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THE PROTECTOR



You protect others and keep everything under control.

Loyal, committed and always prepared – but find it hard to let your guard down.



WHAT THIS MIGHT MEAN

You're the strong one people count on. You plan ahead, stay in control and take pride in being reliable.

You've built walls – not to keep people out, but to keep things safe. But those walls can also keep you from being seen, supported and truly relaxed.



WHAT'S PROBABLY KEEPING YOU HERE?

- Fear of vulnerability or being let down
- Believing you have to stay in control
- Difficulty trusting others to step up
- Putting everyone else's needs before your own



WHAT WOULD HELP?

- Practising letting go in small, safe ways
- Building trust and allowing support
- Recognising that you can't control everything
- Creating space for connection and real rest



HOW I CAN SUPPORT YOU

I help men like you soften the need to always be the strong one. Through hypnotherapy, mindset work and practical strategies, we'll work together to help you lower your guard, feel safe being seen and build stronger, more supportive relationships – starting with yourself.



**You don't have to protect everyone, all the time.
It's safe to put the armour down.**

You deserve support too.



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THE DRIFTER

You're not sure what you want anymore.

Independent and adaptable – but feeling stuck, lost or disconnected from what matters most.



WHAT THIS MIGHT MEAN

You've been through changes or big decisions and now feel unsure of what's next.

You've outgrown old goals or routines, but haven't found new ones that feel right.

You value your independence – but it can sometimes feel lonely or directionless.



WHAT'S PROBABLY KEEPING YOU HERE?

- Feeling like you've lost your sense of purpose
- Fear of making the wrong choice
- Comparing yourself to others
- Avoiding change because it feels uncertain



WHAT WOULD HELP?

- Reconnecting with what truly matters to you
- Getting clear on your values and what you want
- Taking small steps towards a new direction
- Building confidence in your own decisions



HOW I CAN SUPPORT YOU

I help men like you regain clarity, confidence and direction. Through hypnotherapy, mindset work and practical strategies, we'll explore what's next for you and create a plan that feels right – on your terms, in your time.



It's okay not to have all the answers right now. Clarity comes when you give yourself the space to find what's next.

You've got options. You've got time.

You've got this.



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YOUR NEXT STEPS



Small steps today lead to a stronger tomorrow.

You've taken the first step by completing The Mental Fitness Check.

Now it's about using this insight to create real, positive change in your life.

THREE SIMPLE STEPS



1. REFLECT

Take a few minutes to read through your results again. Which parts feel true for you? Which ones stand out most?



Awareness creates choice.

The more honest you are with yourself, the more powerful this can be.



2. CHOOSE ONE THING

Pick one area from the 'What Would Help?' section that resonates most with you. Focus on that one first.



Small changes create momentum.

You don't need to overhaul your life. One small step in the right direction is enough to start.



3. GET SUPPORT

You don't have to do this alone. The right support can help you move forward faster, with more clarity and less overwhelm.



You deserve support too.

Talking things through, shifting old patterns and building new habits is easier with someone in your corner.



You've already shown strength by showing up.

NOW KEEP GOING.

If you're ready to take the next step, I'm here to help.

Whether that's through a one-to-one session, a mindset reset or ongoing support, we'll work together to help you build a stronger, healthier mind – and a life that feels right for you.



Book a free 20-minute consultation at abisanders.co.uk/start-here

*For you.
Not just everyone else.*



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ABOUT ABI

Hi, I'm Abi.

I help men break free from the pressure, step out of old patterns and build a stronger, healthier mind – so they can create a life that feels right for them.



WHO I AM

I'm Abi Sanders, an Integrative Hypnotherapist, Mindset Coach and Wellbeing Specialist. I work with men who are ready to make meaningful changes in their mental fitness and wellbeing.



WHY I DO THIS WORK

Because I've been there. I know what it's like to feel stuck, overwhelmed and disconnected. I also know what's possible when you start to understand your mind and make yourself a priority.



HOW I WORK

I use a blend of hypnotherapy, mindset work and practical strategies to help you create lasting change from the inside out. It's not about quick fixes – it's about real transformation that fits your life.



MY APPROACH

Supportive. Straightforward. Practical. No judgement. No pressure. Just real conversations, tools that work and a focus on what matters to you.

“

You don't have to carry it all. You just have to be ready to put some of it down.

”



VISIT MY WEBSITE
abisanders.co.uk

If you're ready to take the next step, I'm here to help you build a stronger mind and a better life.



Scan me