## DEEP HEALTH ASSESSESSMENT





**DEEP HEALTH AREAS** 

UPGRADING YOUR DEEP HEALTH AREAS SUPPORT YOUR HEALTH & SELF-CARE SKILLS DUE TO CHALLENGES IN THE "DEEP HEALTH" AREAS PEOPLE COMPENSATE WITH POOR SELF-CARE HIERARCHY OF HEALTH & SELF-CARE SKILLS **GOALS:** FITNESS MENTAL PHYSICAL **EMOTIONAL VITALITY** NUTRITION HEALTH SKILLS DEEP HEALTH HELP YOU SUPPORTS **WELLBEING** TO ACHIEVE SUSTAINABILITY STRESS MANAGEMENT YOUR GOALS **PERFORMANCE** SLEEP / RECOVERY MANAGEMENT RELATIONAL ENVIRONMENT EXISTENCE CHANGE MANAGEMENT: SELF-AWARENESS, GROWTH-MINDSET, EMOTIONAL REGULATION

THE QUALITY OF YOUR HEALTH & SELF-CARE SKILLS DETERMINE YOUR WELLBEING IN YOUR DEEP HEALTH AREAS FITNESS & NUTRITION GOALS CAN'T SUCCEED WITHOUT CONSTRUCTIVE STRESS, SLEEP/RECOVERY AND PERSONAL CHANGE MANAGEMENT