# DEEP HEALTH TRANSFORMATION 404

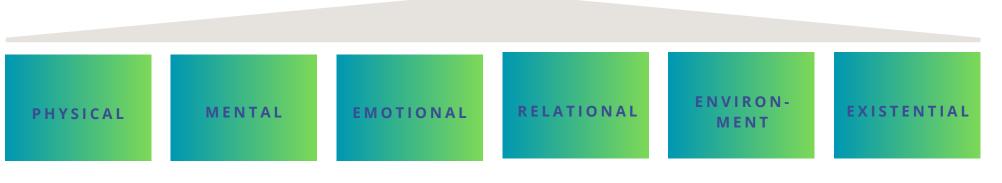
# **GROWTH**

EFFECTIVE AND SUSTAINABLE
PERSONAL GROWTH FOR
OUTSTANDING PERFORMANCE AND
MAINTAINING THE COURSE
TOWARDS SELF-REALISATION

# MEANING SUSTAINABLE PERFORMANCE

# **WELLBEING**

AWARENESS AND CONNECTION IN ALL DEEP HEALTH AREAS OF LIFE THAT ARE CHARACTERISED BY OPENNESS, TRUST AND AUTHENTICITY



#### VITALITY

SUSTAINABLE OPTIMISATION AND INTERNALISATION OF SELF-CARE IN ALL FIVE AREAS OF HEALTH



## LIVE EXCEPTIONALLY

SOCIAL WELLBEING

STRONG SENSE OF SELF AND SELF-WORTH, FEELING PART OF A "BIGGER PICTURE" CONTRIBUTING TO THE WELLBEING OF THE WORLD COMMUNITY

# PERFORM EXCELLENTLY

FLOW, FULFILMENT, PEACE OF MIND
COMPETENCE, ENERGY, PRODUCTIVITY,
FOCUS, AND SUSTAINABILITY IN WORK,
CAREER, SKILLS, AND PERSONAL GROWTH

#### **FEEL GREAT**

WELLBEING, FREEDOM AND FLEXIBILITY

POSITIVE RESILIENT AND GOOD GENUINE CONTACT AND INTERACTION WITH OTHERS. FEELING RESPECTED, "SEEN", VALUED AND SUPPORTED, SAFE AND SECURE AND BEING ABLE TO ACT AS YOU WISH.

#### **LOOK GOOD**

VITALITY, STRENGTH, SHAPE, RADIANCE
BODY FEELS, FUNCTIONS AND
PERFORMS WELL AND WITH LIGHTNESS