

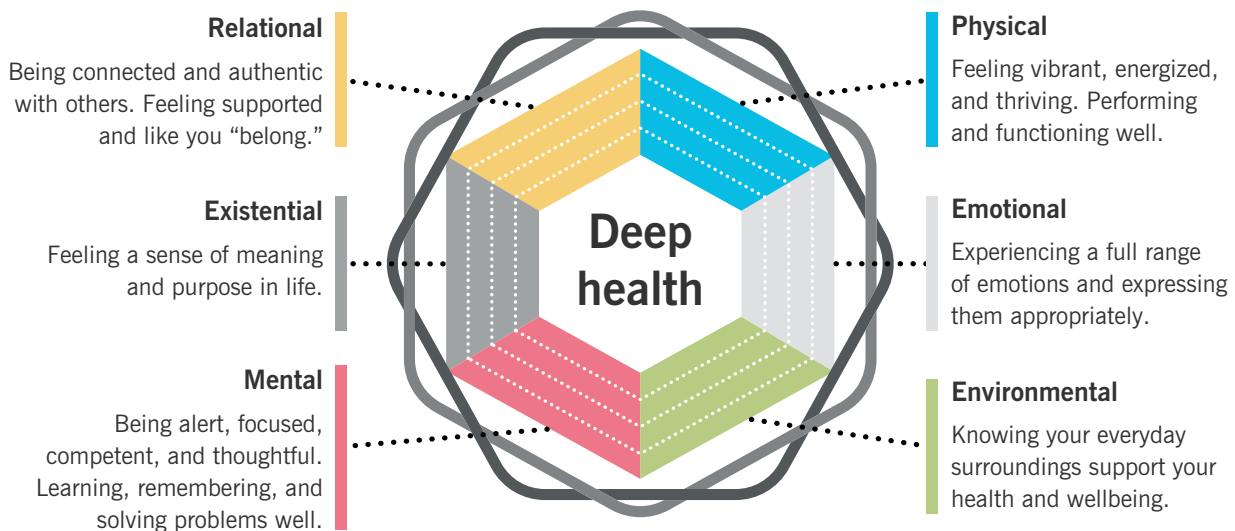
Deep Health Questionnaire & Assessment

NAME

DATE

What is deep health?

Deep health is about thriving in all the dimensions of your life, not just physical wellbeing. This questionnaire will ask you about these varied and interconnected aspects of your life.



Deep health dimension #1: Physical

1. How is your energy level lately?

EXHAUSTED (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) SUPERSTAR

2. How pain-free are you lately?

WORST PAIN EVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) NO PAIN, FEELING GREAT

3. How recovered do you feel recently? (Or, how much do you feel like working out?)

I'M A WRECK (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) I'M IMMORTAL

Deep health dimension #2: Emotional

4. How has your general mood and outlook been lately?

UTTERLY
MISERABLE

1

2

3

4

5

6

7

8

9

10

HOORAY FOR
EVERYTHING!

5. How well do you feel that you can express your emotions directly, maturely, and honestly?

YELLING AT
OR IGNORING
EVERYONE
(OR, WHAT ARE
EMOTIONS?)

1

2

3

4

5

6

7

8

9

10

CLEARLY AND
CONFIDENTLY,
EVEN THE
HARD STUFF

6. How able are you to calm yourself down when you're upset or anxious?

NEVER

1

2

3

4

5

6

7

8

9

10

ALWAYS

Deep health dimension #3: Mental

7. How calm and focused are you today?

FREAKING OUT
AND FRAZZLED

1

2

3

4

5

6

7

8

9

10

ZEN MASTER

8. How confident and capable do you feel today?

SHAMEFUL
FRAUD

1

2

3

4

5

6

7

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9

10

LIKE A BOSS!

9. What happened the last time you were presented with a big logistical challenge?

FAILED
MISERABLY

1

2

3

4

5

6

7

8

9

10

NAILED IT!

Deep health dimension #4: Existential

10. How much do you identify with a bigger "why" or "purpose" for living?

LIFE IS
MEANINGLESS

1

2

3

4

5

6

7

8

9

10

I'M AN
IMPORTANT
PART OF THE
"BIG PICTURE"

11. How does the way you are living right now reflect your deeper values?

NOT EVEN A
LITTLE BIT

1

2

3

4

5

6

7

8

9

10

IN PERFECT
HARMONY

12. How often do you feel hopeful and optimistic about the world or life in general?

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) ALWAYS

Deep health dimension #5: Relational

13. How supported do you feel right now by the people around you?

UTTERLY ALONE (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) GO TEAM!

14. Can be your authentic self with the people you spend the most time with?

NOT AT ALL (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) WITHOUT QUESTION!

15. Do the people around you encourage healthy behaviors?

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) ALWAYS

Deep health dimension #6: Environmental

16. Is your home environment relatively clean, safe, and free of toxins?*

NOT AT ALL (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) MY HOME IS MY TEMPLE

* For instance: cigarette smoke, industrial pollution, unsafe drinking water, etc.

17. Does what's around you actively contribute to your wellbeing and healthy behaviors?

NOT AT ALL (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) IT'S A SHRINE TO MY GOALS

18. Is your community safe, secure, and supportive?

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) IT'S MY SANCTUARY

Total assessment score -

How did your deep health score?

144 and above

Crushing it! Keep living this way, because it's working for you beautifully. You are the embodiment of deep health!

117-143

Doing well! You might have some concerns, or consider making some small changes. Let's talk about what that might look like for you, if you want to pursue that.

90-116

Your current lifestyle might be working well for you in some areas, but you're probably struggling in others. Let's talk about what kind of changes you might want to make, and skills you might want to build, if improving your deep health is something you want to pursue.

Less than 90

You have lots of room for growth on your deep health journey. Any action you can take, no matter how small, will improve your deep health right now. If this is a path you want to pursue, let's collaborate on possible next steps to get you started.

What might you do next?

Look at the big picture.

Recognize that seemingly unrelated factors, like relationships and work life, might affect your ability to lose fat, gain muscle, and/or improve your overall health.

So for the best results, consider all the ways your life might affect your progress.

What's going well?

Where are you thriving?

It's important to celebrate small wins, and notice where you're already succeeding. Focusing your attention on those areas actually boosts your motivation, and trains your brain to keep winning.

Which areas might you like to improve?

Don't beat yourself up for a score that isn't as high as you'd like, and don't try to be "perfect".

A lower score may simply be a dimension of deep health that you hadn't really thought of or attended to before. Even "failure" is important information — it's honest data about where you might need more support, guidance, or practice.

Instead, consider using the data to set some realistic, manageable long-term goals for improving those dimensions of deep health that may be lagging. Ask yourself: "In order to increase my score on this question by 1 point, what would I consider changing or doing?"

Collaborate with your coach.

If your score was lower than you'd like, let's talk about ways to help you find a more consistent approach. The sooner we start collaborating, the more consistent you will be able to be.