

# Mind-Body & the Deep Health Connection

NAME .....

DATE .....

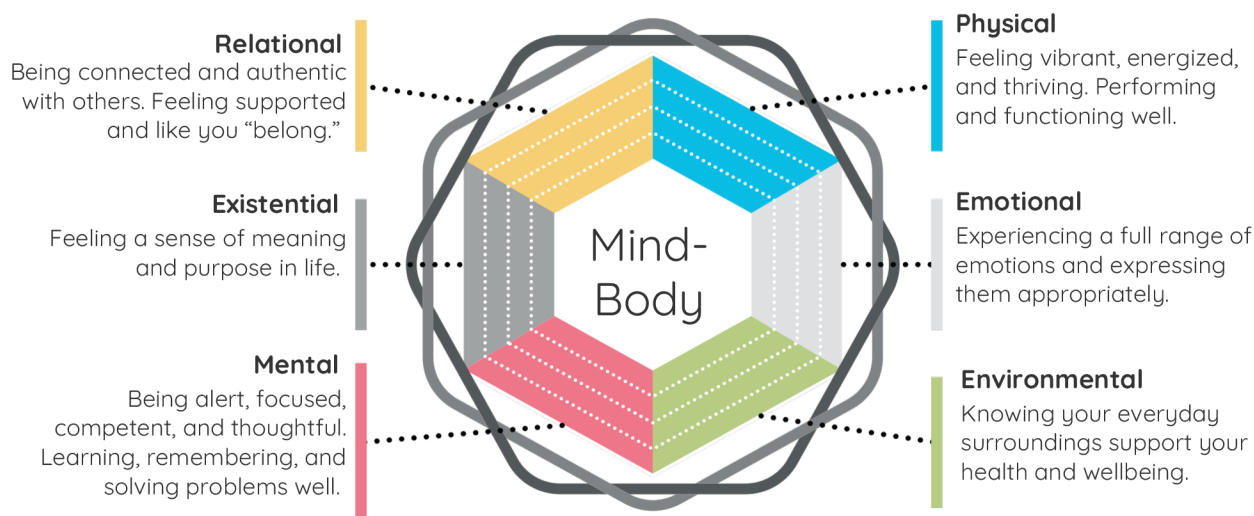
## So, what is deep health anyway?

It's not just about what you eat or how much you move.

Deep Health looks at the whole picture—your body, your mind, your relationships, your routines, your environment, and that sense of why am I even doing this?

It's about how all the parts of your life impact your health—not just physically, but mentally, emotionally, and energetically too.

This check-in is designed to help you spot patterns and understand how different parts of your life are connected. No guilt. No perfection chasing. Just honest insight.



## Section 1: Physical Health

1. How are your batteries feeling lately?

Running on  
Fumes

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Charges and  
Ready to  
Crush It!

2. Is anything yelling at you when you move...or even when you sit still?

OUCH!  
Make it  
Stop!

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Pain Free and  
Feeling Fab!

3. If movement or workouts are part of your routine, how ready do you feel to move again?

Dragging  
Myself Across  
the Floor

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Superhuman  
Mose Activated!

## Section 2: Emotional Health

4. How's your general mood and outlook these days?

One  
meltdown  
away from a  
nap in the  
pantry

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Peaceful,  
positive, maybe  
even a little  
annoyingly  
optimistic

5. Are you able to express your emotions without steamrolling or shutting down?

What  
emotions?  
We don't do  
those here.

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I can name,  
claim, and talk  
through the  
hard stuff like  
a pro

6. Can you talk yourself out of the pantry when anxiety or anger flares?

I spiral like it's  
a sport

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I breathe,  
pause, and  
regroup like  
a wellness  
Jedi

## Section 3: Mental Health

7. Can you stay on track without turning into a ball of stress?

Brain = browser  
with 47 tabs  
open, 6 frozen &  
one playing  
music  
somewhere

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Focused,  
calm &  
present like a  
Zen master in  
yoga pants

8. Are you feeling like you can handle what life throws at you?

Imposter  
syndrome in a  
hoodie

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Handled it like  
a boss with a  
plan and a  
playlist

9. The last time life threw a logistical curveball, how'd you handle it?

Panic.  
Tears.  
Snacks.

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Handled it  
like a boss  
with a plan  
and a playlist

## Section 4: Existential Health

10. Do you feel like there's a bigger reason you're here—or are you just vibing and surviving?

Existential  
crisis with a  
side of fries

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Living with  
purpose,  
direction, and  
meaning  
(most days)

11. Are your day-to-day choices actually matching up with what you say you care about?

Living on  
autopilot,  
stuck in  
someone  
else's script

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Aligned,  
intentional &  
showing up as  
my real self

12. Be honest—are you feeling hopeful or just hanging on by a thread?

Hope?  
Never met  
her.

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Hopeful,  
grounded,  
and ready to  
roll with life

## Section 5: Relational health

13. Do you feel backed up, encouraged, and seen by your people?

Floating  
through life  
with a “Send  
Help” sign

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Cheered on,  
checked in  
on &  
covered in  
love

14. Can you be your full, unfiltered, messy-but-real self around your closest circle?

Constantly  
editing  
myself

1

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Unapologeti-  
cally me—no  
masks, no  
code-  
switching

15. Do the people around you lift you up or lure you into skipping your water and doomscrolling?

Sabotage  
disguised as  
girls' night

1

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They get it,  
support it &  
sometimes  
join me for a  
walk instead  
of wine

## Section 6: Environmental Health

16. Is your home environment calm, clean(ish), and free of things that mess with your health?

Feels like  
chaos with  
dust bunnies

1

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Peaceful,  
healthy, and  
finally not a  
hazard zone

17. Do your surroundings help you stay on track with your health and wellness goals?

Fridge full  
of takeout &  
nowhere to  
stretch

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Organized,  
inspiring &  
totally aligned  
with my  
healthy habits

18. Is your neighborhood or local environment safe, supportive, and good for your mental health?

Stressed just  
walking to the  
mailbox

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Grounded,  
safe &  
connected to  
my space

## Total Assessment Score & What It Means

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130–180: You're in your thrive era. You're making solid choices, and your mind, body, and soul are generally playing for the same team. There may still be room for growth (there always is), but honestly? Keep doing what's working.

→ Reflection Prompt:  
What habits or mindsets are helping you feel this strong?  
How can you protect them when life gets messy?

100–129: You're doing okay, but something's dragging. You've got some solid areas—and some that feel like they're just hanging on. This is your nudge to look at what's throwing off the balance. No guilt. Just data.

→ Reflection Prompt:  
What's one small shift that could improve your lowest-scoring area by just 1 point?

70–99: You're in the swirl. Something's off, and it's showing up across multiple areas. This doesn't mean you've failed—it means something needs attention. This is where coaching, community, or structure can really help.

→ Reflection Prompt:  
Where are you white-knuckling it right now?  
What support would help ease that grip?

Below 70: You're carrying too much—alone. Let's be honest: burnout, overwhelm, and constant survival mode aren't personality traits. They're warning lights. You deserve support, not self-blame.

→ Reflection Prompt:  
If you could hand off one thing that's weighing on you, what would it be?

## What Now? Let's Zoom Out.

Before you go down a shame spiral over any low scores, take a breath and zoom out.

Health isn't just about food and workouts.

Your relationships, job, daily environment, stress levels, and even your existential dread at 2 a.m.—they all affect your physical health. It's all connected. You're not “failing” at wellness. You're just human in a complicated life.

### First: What's already working?

- Where are you thriving, even just a little?
- What's one thing you're proud of?

Celebrating the wins (yes, even the tiny ones) is actually good for your brain. It builds momentum. You don't have to fix everything—just keep leaning into what's already working.

### Now: What's feeling out of sync?

If a certain area scored low, it's not a character flaw. It might just be something you've been ignoring—or surviving through.

Don't try to overhaul your entire life overnight. Instead, ask:  
“What would it take to move just one score up by a single point?”  
That's the magic zone. That's real growth.  
Don't do it alone.

If your score feels lower than you'd like, I'm here to help. Let's talk about what's going on, and come up with small, doable steps that fit your real life—not someone else's highlight reel.