PEMS: A tool to observe

Heartfully observe your daily RESPONSES or REACTIONS...

Make a commitment to listening and becoming fully aware of what is going on inside you in relation to your

**P- Physical** - Your physical body- how much your body cooperates, moving not moving, aches and pains

**E- Emotional** - Your feelings and emotions- changes in moods and emotions such as happiness, sadness, fear, anger

**M- Mental** - Your mental ability- efficiency in what you do, failures and successes, attitude, optimism and pessimism, thinking, reasoning, focus

**S- Self** - Your whole self- Connecting your inside to outside by connecting to your Heart!

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