



# PEMS

## A Tool to Observe

Heartfully observe your daily **RESPONSES** or **REACTIONS**

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!

