PEMS
A Tool to Observe

Heartfully observe your daily RESPONSES or REACTIONS

PHYSICAL Your physical body – how much your body cooperates, moving not moving, aches and pains

EMOTIONAL Your feelings and emotions – changes in moods and emotions such as happiness, sadness, fear, anger

MENTAL Your mental ability – efficiency in what you do, failures and successes, attitude, optimism and pessimism, thinking, reasoning, focus

SELF Your whole self – connecting your inside to outside by connecting to your Heart!