

PEMSO Reality Check WORKSHEET



the PEMS effect
discover your best self

NAME	
DATE	

Physical

Recall a time when you were at your best physically. How old were you? Where were you? Do you have a mental picture of what you looked like at that time?

Emotional

WHEN was a time that you felt you were at your best emotionally? WHAT was happening in your life at that time that was so uplifting to you? And WHO were the key people around you at that time?

When was the last time I genuinely laughed until I cried? What brings me joy? Do my emotions tend to be more negative than positive?

Mental

What was the last thing you taught yourself through study?
How long can you think about a topic without being distracted?
Do you consider your friends, any of them, to be deep thinkers or intellectual in character?

Spiritual (purpose)

When was the last time you contributed of yourself, not money, without regard for your personal advancement or recognition because someone else needed your help?
What is your PURPOSE? Are you living it?

Occupational

What was the best job or career that you ever had? What made it so?
Who were or are the people that were influential to you there?
Were you able to participate with and contribute your unique talents?
How did you attach your purpose to that job?

