PEMSO Reality Check WORKSHEET

NAME	
DATE	



Physical

■ Hysical
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?
E motional
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?

M ental
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?
What is your Form Coll rate you making 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?
now and you accuse your purpose to charjos.

OBSERVATIONS/SUMMARY

What are your thoughts as you review your answers from the previous pages? What would you like to change for yourself? What will you commit to do to grow/improve each area of your PEMSO? When will you start? Who will you ask to be accountable to and support you as you work through your PEMSO process?

Notes	