## PEMSO Power-Up Plan Worksheet

Directions:	Under each category, list just three habits you would like to eliminate.
	Then, list three new routines you would like to implement to replace the habits
	Finally, state what benefit you would receive by incorporating the new routine.



Physical	
Current Habits	Desired Routines
Benefit of the new Power Up Plan	
<b>E</b> motional	
Current Habits	Desired Routines
Benefit of the new Power Up Plan	
<b>M</b> ental	
Current Habits	Desired Routines
Benefit of the new Power Up Plan	
<b>S</b> piritual	
Current Habits	Desired Routines
Benefit of the new Power Up Plan	
• Ccupational	
Current Habits	Desired Routines
Benefit of the new	
Power Up Plan	

## **PEMSO Daily Performance Plan**

DATE	45.
Directions:	Plan for a day of high-performance using the PEMSO concept as a guide.
<b>P</b> hysical	List your ideas or plans for adding activity, controlling diet, and preparing for quality sleep today.
<b>E</b> motional	List ideas or plans to include activities that bring you joy. Be aware of events in your schedule that may have potential to raise anxieties. List thoughts to manage your emotions.
<b>M</b> ental	List your ideas and plans to engage mentally in your day. Be mindful of events in your calendar that will require deep thinking or focused attention. Make a few notes here.
<b>S</b> piritual	Think about living and leading with your personal brand and purpose. List a few of your thoughts and ideas here.
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• Ccupational	Prepare for a day of productivity, personally and professionally. List thoughts and ideas about the events in your schedule today that will require you to deliver high quality.

## PEMSO Journal (Power-Down)

DATE LOCATION			
Physical	/5		
<b>E</b> motional	/5		
<b>M</b> ental	/5		
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Spiritual (purpose)	/5		
Occupational	/5		
	/5		
SUMMARY	/25		

## **PEMSO Reflection**



Topic/ Theme	
Notes	
Gratitude	