

DAILY READING

DAY 5

The PEMS Model

During this program We'll be looking at how our lives are working or not working for us and what we can do to improve on those areas that are not working.

To take this review one step at a time. We will be taking a closer look at 4 major aspects of our lives. We will address how we are doing Physically, Emotionally, Mentally and Spiritually. We call this approach, the PEMS model.

PEMS: P = Physically E = Emotionally M = Mentally S = Spiritually

These PEMS categories may include:

Physical - Physical health, diet, exercise, fitness, living environment, etc.

Emotional - Feelings, emotional stability, Sexual and Social issues, primary relationship, friends & family relationships

Mental - Mental clarity, ability to concentrate, think clearly, organize thoughts. Career, Financial health.

Spiritual - Religious beliefs, Connection to higher wisdom. Intuition, empathy, Compassion, Spirituality, Spiritual Practice

We will dedicate certain days for each aspect and will gradually work up to where we check-in every day and share how we are doing in all four aspects.

For the next three sessions we will be addressing the Physical Aspect of our lives. We will share our Physical history – our physical health, any chronic or current health issues you may be dealing with, how you take care of yourself physically, your history with physical issues and activities like sports or athletics, or whatever comes up for you around how you relate to your physical body, physical abilities and limitations, or appearance and health.

We will also start checking in daily on how we are doing physically in addition to how we are feeling emotionally.

MENTORS SESSION GUIDE

DAY 5

INTENTION

- To practice Active Listening and share Physical history
- A is Mentor as B shares, Switch

CHECK-IN

Mentor A:

I (Mentor A) will take us through today's session. Let's check-in.

Please add how you are feeling physically as well as emotionally today.

Remember to use I-statements and the 5 feelings and also confirm that you have done the Reading for today. I'll start.

[both partners check in]

INTRODUCTION

Mentor A:

Today, I will practice Active Listening as you do an extended check-in, on your Physical History.

After about 10 minutes, I'll ask you for feedback on my listening and then we will switch and you'll practice Active Listening while I share.

We will practice using the 3 elements of Active Listening that we covered previously. These are:

Being Silent

Echo what I've said, and

Ask me what I mean when I use a word that could have different interpretations.

Please use I-statements and the 5 feelings when sharing.

Any questions?

EXTENDED CHECK-IN

Mentor A: (B after switch)

Now, please tell me about your Physical life.

I'll be using Active Listening and will do a full Echo when the 10 minutes is up.

I invite you to share anything you'd like about your physical health, any chronic or current health issues you may be dealing with, how you take care of yourself physically, your history with physical issues or whatever comes up for you around how you relate to your physical body.

[B shares, A does active listening for 10 minutes]

CLOSURE & FEEDBACK

Mentor A: (B after switch)

Thank you.

The essence of what I heard you say is

Are you complete for now? Is there anything else you need before we continue?

How was that for you?

I'd also like to hear your feedback on my listening:

What did I do that worked for you, and

What did I do that may not have worked for you?

SWITCH

Mentor A: (B skips this section, starts check out)

Thank you, Lets switch roles. You (B) can start with the Extended Check-in section above.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Person A will do the Reading for Day 6. Person B can do it after the next session.