

PEMS

21 DAY WELLNESS CHALLENGE



*LEARN THE FOUR
SECRET LEVELS TO
HEALING AND
WHOLENESS*



Emotional  Literacy Academy

CoachTera.com

How many times have you sought healing, searched for a sense of wholeness, or felt unstable in life?

Have you wanted to heal a wound, change a habit, or create a new pattern and spent days on your knees praying or years in therapy and not found the results that you are after?

Why does this happen?



I have found myself at different times in my life,

- praying until my knees were raw
- doing hours of yoga connecting to my breath
- doing years of therapy to heal from traumas I experienced.



Although these methods were helpful and got me to a certain place in my healing,

I never felt sure or solid, whole, or secure even though I was actively doing things that others told me would make me feel better or help me to heal.

I also spent years in unhealthy ways of dealing with my emotions and traumas, working hard to stay so busy I couldn't feel the pain, eating or drinking to numb my emotions, silently reliving trauma and drama in my life.

Complete healing involves four levels-- we heal physically, emotionally, mentally, and spiritually. This is called PEMS Healing.

When a carpenter builds a really good chair, a stable one that you really want to sink into and feel safe in, he must start with four strong legs. Let's think of our chair with the four legs of PEMS.

A chair needs to start with four sturdy legs, evenly spaced and of equal size. If you over-build one leg, it would look like a chair with a 6" fence post for one leg and the other three made out of spaghetti noodles.

Focusing on one of the four PEMS areas is like overbuilding one leg. I see this often when people come to me and say, "I've done everything I know, I have prayed and turned my life over to God, and I still don't feel over this", or "I've been seeing my therapist for 2 years now, will I ever feel done?"

Like the legs of a chair, if we focus on one area of PEMS and make it strong and healthy, we build an unstable foundation for healing.

PEMS

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PEMS - Physical Emotional Mental Spiritual

Focusing each day on one small task in each area helps you build stability.
When you feel more stable, you make more stable decisions and interactions!

PHYSICAL

- 48 oz water
- 45 minutes exercise
- No sugar/sweets/unhealthy snacks
- 3 Servings of vegetables each day
- 7 hours sleep (not necessarily consecutive - naps count too!)

MENTAL

- One journal entry
- Say 3 positive affirmations into the mirror (I am statements)
- Learn a new word daily and use it twice in a sentence
- 10 minutes puzzle (crossword, puzzle or mental game)
- Set your phone away for 1 hour

EMOTIONAL

- Connect with someone (phone call, text or visit)
- Read an article about emotional health
- Be optimistic! Make a list each day of 3 things that went right in your day
- Find something to laugh about every day (video, story, etc.) - Laughter is good for you

SPIRITUAL

- 15 minutes of scripture/devotional study
- Prayer (at least one, many more welcome)
- Meditate (guided or solo)
- Listen to a conference talk/sermon

**Get creative! Try new things to see which help you feel the most stable.
Remember this is about intention and consistency.**

21 DAY WELLNESS CHALLENGE

START DATE:

WRITE DOWN ONE GOAL IN EACH AREA:

PHYSICAL:

EMOTIONAL:

MENTAL:

SPIRITUAL:

NOTES:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

You can make a new habit in as little as 21 days. Have you noticed a difference in your mood, health, energy, spirituality?

I want to invite you to reach out if you have been inspired by the PEMS Wellness Challenge.

I love helping people look at the patterns in their lives that are keeping them stuck in experiencing what they don't want. PEMS can help you break that barrier!

You can email me at
coachtera@outlook.com

Or visit my website for more opportunities

CoachTera.com



You can also schedule a
FREE 30 minute clarity call
there too!

Tera