



PERCEIVED EXPERIENCE OF LIFE

The PEL Scale can be used to drop the pin on how you currently are experiencing life through your body and soul. Obviously, we can fluctuate through the numbers, but this tool can help give some indication as to how well you're actually doing. The intention of this exercise is to help you identify what areas of your life and well-being need attention and healing in hopes to move you up the scale.

10

You have high energy and a sense of overall positive well-being. Emotional and spiritual awareness and connection are high. You feel motivated, joyful, optimistic, clear minded, inspired, balanced, and experience minimal-no pain or bodily discomfort. This is you thriving.

9

Everything is the same as 10 EXCEPT you feel a slight dip in energy and occasionally a loss of spiritual/emotional connection.

7-8

Your energy is generally high although you find it plummeting during parts of the day. While you have an overall sense of purpose, joy, and motivation there are moments that you struggle to maintain it. Your emotional and spiritual connection generally feel life-giving and balanced.

4-6

Your energy is low but functional. Emotionally/spiritually you struggle with positive and meaningful connection. Your brain feels foggy some days. While there are days you feel good, most of the time you feel lethargic. You're often uninspired for life but you still have moments of motivation and hopefulness.

2-3

It's rare that you experience energy. The only way you feel energy is through a stimulant of some kind. Anxiety and frustration are there most days. You are forgetful and feel spaced out often. Emotional and spiritual connection are nearly non-existent. You feel like you're going through the motions most days. You're basically in survival mode.

1

You have an absolute loss of hope and energy. You're barely functioning. It's hard to get out of bed in the mornings. Anxiety and depression are almost always there unless you're detaching through entertainment, drugs, pain killers, alcohol, food, shopping, or some other escape. You feel numb. Most often you feel sick, have headaches, and experience achey-ness in your body.

Why did you choose that number and what are some things that are contributing to your PEL?

What would you like to see change?

How can you begin to partner with the Holy Spirit to see that change happen?