

# B.E.M.A

*Body - Emotions - Mind - Accountability*  
**alignment WIP List™**

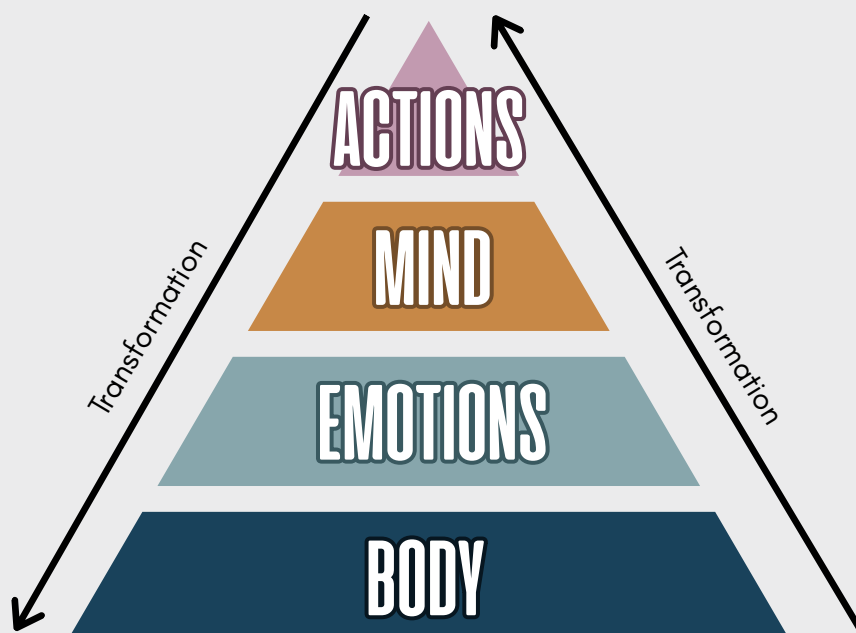


*By Sahar Huneidi Palmer*

## Table Of Contents

• What is A WIPlist? .....	03
• Stay Inspired .....	03
• What is The B.E.M.A.- alignment WIP List™ .....	04
Body .....	04
Emotions .....	04
Mind (and beliefs) .....	05
Accountability to Actions.....	05
• How to use your B.E.M.A.WIP List™ .....	06
• My Weekly Self-assessment.....	07
• Why it works .....	08
• My Weekly Review .....	09
• My Monthly Review .....	10
• About Sahar.....	11

## THE FOUR DIMENSIONS OF CHANGE



# The BEMA-alignment WIP List™

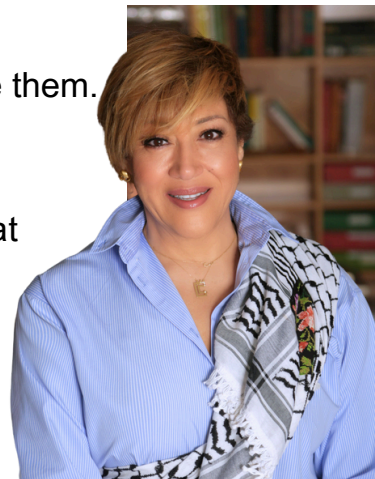
Unboxing The Real You™ – Self In Progress

## What is A WIP List?

A traditional WIP list, work in progress list, tracks incomplete tasks or projects, assigning responsibilities, dates, and next steps to complete them.

But in the context of Unbox The Real You™, a WIP list becomes a dynamic tool for tracking your personal evolution. It helps identify what needs completion, and brings unconscious patterns into conscious awareness and, consequently, intentional action.

The Unbox with Sahar™ life mentoring process always starts from the present. You begin where you are at. Small steps are inspiring because they build momentum. **When your brain sees clearly what is on your mind, it helps you to prioritise and take the right action – not from pressure, but when you are ready to do so.**



The BEMA WIP list is not just about what you need to do.  
**It is about who you are becoming.**

## Stay Inspired!

To stay inspired on your journey, and keep up the momentum of unboxing, please subscribe to **Unbox The Podcast**.

Season 25 is all about you. Listening to this year's theme, **The Power of Your Story**, helps you to change your story and change your life.

You can subscribe or leave a review, from your favourite platform (or my website). And of course, your suggestions are welcomed. Please text or [email me](#).



## What is The BEMA-alignment WIP List™?

This is a living list that invites you to reflect on **The four Dimensions of Change**, which are the interconnected aspects of the multi-dimensional self:

### 1. Body

Where in your physical life/home/finance or health do you currently feel something is off-balance?

---

---

---

---

Is there tension, exhaustion, a habit you are shifting, or want to change but you are resisting?

---

---

---

---

### 2. Emotions

What recent feelings are surfacing repeatedly?

---

---

---

---

Which ones are lingering unresolved, perhaps unacknowledged?

---

---

---

---

What emotions do you postpone processing?

---

---

---

---



### 3. Mind & Belief System

What beliefs, thoughts, stories or self-identities are outdated but still running in the background?

---

---

---

---

Where are you mentally stuck or looping?

---

---

---

---

### 4. Accountability to Action

What have you started but not completed?

---

---

---

---

Where are you avoiding to follow-through?

---

---

---

---

What are you tolerating, postponing, or procrastinating about?

---

---

---

---



## How To Use Your BEMA WIP List™

Try to list three to four goals for each dimension. You can set these goals as a journal page, a four-quadrant grid, or a weekly check-in practice to help you keep track of your progress. Without pressure, start with what is possible for you to action right now.

**Step 1:** Each week, List your current 'open loops' under each BEMA dimension.

### Example:

- **Body:** Inconsistent sleep, tension in shoulders, avoiding exercise.
- **Emotions:** Lingered grief from a recent shift, resentment I have not expressed.
- **Mind & Beliefs:** Still operating from "I must do it all alone," even though I know better.
- **Accountability:** Half-finished e-book draft, workshop slides not updated; etc.

### Step 2 - Ask yourself:

What is the real reason I have not closed this loop?

---

---

What would it feel like to bring this into alignment?

---

---

What am I waiting for?

---

---

**Step 3:** Choose 1 or 2 items a week to gently move forward. Don't put pressure on yourself. Instead, act on your awareness.



# My Weekly Self-assessment

Date: \_\_\_\_\_

higher priority

## 1. Current Open Loops

Body

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Emotions

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Mind (beliefs)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Actions To Complete

- \_\_\_\_\_
- \_\_\_\_\_

## 2. Top Reasons-why Loops Remain Open

Body: \_\_\_\_\_

Emotions: \_\_\_\_\_

Mind: \_\_\_\_\_

Incomplete/Abandoned  
Actions: \_\_\_\_\_

## 3. How I would Feel Like When Open Loop is In Alignment

Body: \_\_\_\_\_

Emotions: \_\_\_\_\_

Mind: \_\_\_\_\_

Actions: \_\_\_\_\_

## 4. Actions I Can Easily Implement This Week

Body: \_\_\_\_\_

Emotions: \_\_\_\_\_

Mind: \_\_\_\_\_

Action: "I Followup & Track"

lower priority





## Why It Works

The objective of self-assessment on the previous page, is **not** to form a to-do list. It is a self-inventory for **energetic alignment** to enhance your awareness, and put you back in charge = **SELF-EMPOWERMENT**.

By regularly tending to your **BEMA WIP List™**, you:

- **Clear energetic and emotional backlog.**
  - Release the built-up residue of unfinished thoughts, feelings, and tasks that weigh down your mental and emotional space. This creates room for fresh ideas, renewed energy, and greater presence in your daily life.
- **Recognise patterns before they manifest as blocks.**
  - By tracking what remains incomplete or repeatedly surfaces, you can identify deeper patterns of avoidance, procrastination, or emotional looping before they become obstacles that limit your growth.
- **Reclaim authority over your time, energy, and attention.**
  - Taking conscious inventory of your work in progress puts you back in charge. You decide what deserves your focus and what can be released, rather than scattering your energy across too many open loops.
- **Support integration, not perfection.**
  - The purpose of your **BEMA WIP List™** is not to achieve flawless completion. It is to integrate your actions with your intentions, aligning what you do with who you are becoming. Honour your progress as a living process. Each week, congratulate and reward yourself!

***Your MEMA-aligned WIP list is not just about what you are working on.  
It is about who you are becoming.***

This PDF is my gift to launch your Unboxing right now. You are welcome to photocopy the weekly templates for your check-ins, or reuse them each month to stay on track. May your unboxing journey be filled with joy and clarity.



**scan to link**

**Ready to grow on your terms?** Discover self-paced audio courses and eBooks by Sahar. Visit the **Online Growth** page.





# My Weekly Review

Believe in Yourself



Week: \_\_\_\_\_

Overview:



Circle relevant emoji

**My favourite moments**

---

---

---

**I'm most grateful for**

---

---

---

**This week's empowering self-affirmation is**

---

---

**Key accomplishments**

**Body:** \_\_\_\_\_

**Emotions:** \_\_\_\_\_

**New Beliefs:** \_\_\_\_\_

**Completed Actions:** \_\_\_\_\_

**I plan to do more of**

---

---

---

---

---

**I plan to do less of**

---

---

---

---

---

**I really enjoyed**

---

---

---

---

---

**I will take better care of myself by**

---

---

---

---

**I so excited for**



---

---

---

---

**NOTES**

**What I learnt about myself this week**

---

---

---

---

---



# My Monthly Review



Circle relevant emoji

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Biggest Breakthrough This Month**

---

**Habits I started, shifted, or stopped**

---

**MOMENT OF** *Clarity* 

**What Drained Me Most:**

---

---

---

---

---

---

---

---

**What Fuelled Me Most:**

---

---

---

---

---

---

---

---



**What I learnt about myself this month**

---

---

---

---

---

---

---

---

**# Intentions for Next Month**

- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....



## About Sahar

With one foot in ancient wisdom and the other firmly grounded in modern life, Sahar Huneidi Palmer is a rare guide who makes the invisible useful. She is here to demystify the mystical, decode it, and hand it back to you as a practical tool for real change.

A bestselling author, intuitive mentor, and podcast host, Sahar helps high-level thinkers and seekers Unbox their lives through her original **BEMA™** methodology: **Body, Emotions, Mind & beliefs**, and **Accountability** to action. Whether it is a dream, a tarot card, or a pattern in your thoughts, she sees what you cannot and shows you how to realign from the inside out.

Sahar is the kind of guide who walks you through your struggles with both strategy and soul, who turns psychic development into a workbook, and who will never tell you to *"just trust the universe"* without handing you the compass.

Her clients range from therapists who need their own healing, to corporate leaders seeking clarity, to people in transition who are ready to become the master of their story. She is bold, Palestinian British, and based in Dubai; but her work reaches hearts across the world.

If you are ready to get unstuck, unfiltered, and unapologetically real; Sahar is the mentor who hands you the mirror and the manual.



[Follow Sahar on Socials](#)



[Email Sahar](#)



[Unbox The Podcast](#)



[Subscribe to Newsletter](#)



[Book Unbox Discovery Session](#)



[Text Sahar](#)

