

Transcript

Template 2 – PEA[C]E – Care

The element **Care** represents your main attachments, so WHO or WHAT you care for.

It could be people or animals such as pets.

It could be material things, such as a house, a car, anything that you're very attached for and care for.

Or, it can be ideas or ideologies. Which may be political, social or religious.

Anything that you really care for and that is important in your life.

So, under the column **Care**, is for you to list the most important relationships: WHOM and WHAT you care for and that are important in your life.

Once you have done that, then you can proceed with the element of **Enjoyment**.