

# ForumOutside®

## 5% Update Form

Overall Rating (1-10, NO SEVENS):

\_\_\_\_\_  
BUSINESS / LEADERSHIP

\_\_\_\_\_  
FAMILY / RELATIONSHIPS

\_\_\_\_\_  
PERSONAL / INTERNAL

Focus on the top & bottom 5% of your life; circle the 1-2 areas either causing stress or supreme euphoria. For each item, think about the emotion and feeling that arises for each.

	LAST 30 DAYS		NEXT 30 DAYS	
	<i>BEST THING THAT HAPPENED</i>	<i>PAIN, CONCERN, OR DISAPPOINTMENT</i>	<i>LOOKING FORWARD TO THE MOST</i>	<i>GREATEST CHALLENGE</i>
<b>BUSINESS / LEADERSHIP</b>				
<b>FAMILY / RELATIONSHIPS</b>				
<b>PERSONAL / INTERNAL</b>				

If I could be radically supported today, the issue I would explore is:

\_\_\_\_\_