

ForumOutside®

5% Update Form

Month: _____

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>
BUSINESS / LEADERSHIP				
FAMILY / RELATIONSHIPS				
PERSONAL / INTERNAL				