

Date \_\_\_\_\_

### Snapshot Rating

Rate how you're feeling in each of these areas of your life. Rating scale is 1 (low) to 10 (high).

**Business**
     
  **Family**
     
  **Personal/Self**
     
  **Forum**

### Since Your Last Forum Meeting

What are the three most important things that have happened in your life since you last met with your Forum?

	Brief Description	Significance, Impact	Emotions, Feelings* (3 words)	Next Steps, Actions?
1				
2				
3				

*\*Use the Feel Wheel (page 2) if you need help finding words to describe how you feel.*

Share "Emotions, Feelings" column first.

Previous presentation/exploration update:

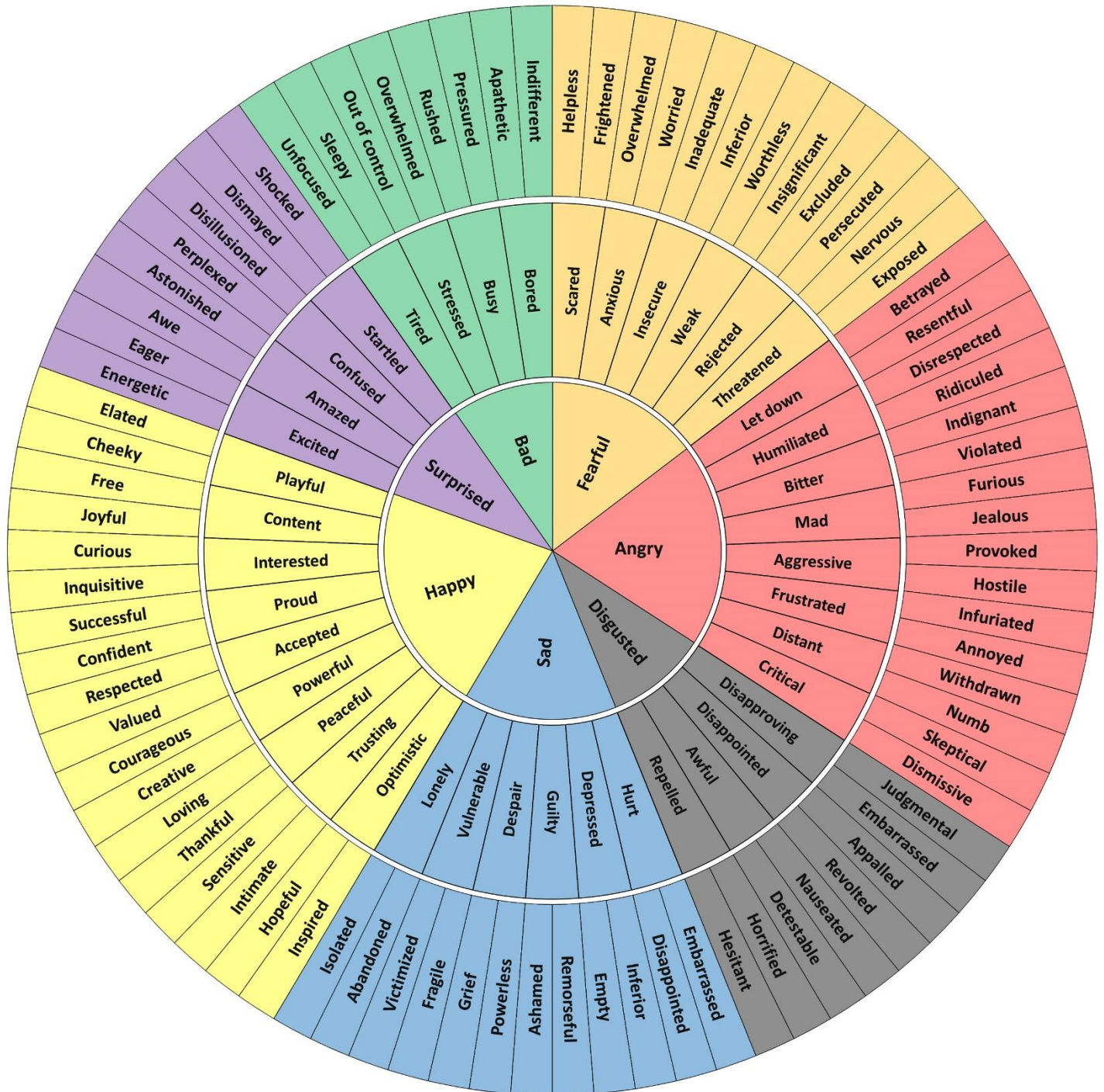
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Most looking forward to next month:

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If I were to explore an issue today, it would be:

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