

# FORUM REFLECTIONS

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

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

MEPS One-word

Mental \_\_\_\_\_

Emotional \_\_\_\_\_

Physical \_\_\_\_\_

Spiritual \_\_\_\_\_

	Headline	Emotions	The significance and impact for me
Personal, Family and/or Professional			

EQ - Challenge / Opportunity to explore:

IQ - Topics:

Update

## 5% REFLECTIONS with my calendar, powerful moments, people, situations...

### When did I FEEL

- Pride or shame?
- Intimacy or Distance?
- Very vulnerable or strong?
- An energy 'downer' or creator ... surprised me?
- Disappointment or accomplishment?
- Really resentful or fulfilled?
- Most encouraged or discouraged?
- What are my dreams or nightmares?
- When do I feel at peace?
- With generates strong feelings for me?

### What do I THINK about

- How did I move towards or away from my personal vision, mission, values?
- What is an ideal that conflicts with my current reality?
- Personal / business high or low, surprise, delay?
- What I am reluctant to share?
- Don't want to bring up AGAIN
- My most brilliant idea... or mistake?
- What do I worry about at 2 am when I can't sleep?
- What occurred to me?
- What behavior or pattern am I working on?

### How I am EXECUTING

- What has been my major focus or priority?
- What I have been working to change?
- What did I try for the first time?
- What I have been taking for granted?
- What did I finally tackle?
- Continue to procrastinate on?
- Achieved goal or sidestepped?
- Important decision / action?
- Personal execution challenge?

### How am I ENGAGING

- My most joyful moment with someone?
- My most painful moment was?
- Biggest laugh, or tears? With who?
- Who did I give to or receive from?
- Who have I made time for?
- Who do I need to make more time for?
- Who have I come to value? Why?
- A big conflict or struggle with someone?
- What patterns am I seeing in my relationships