

# UPDATE PREPARATION FORM

USE THIS FORM TO FOCUS YOUR THOUGHTS

DATE:

**1. Rate these aspects of your life since the last meeting (1 = lowest; 10 = highest)**

MY BUSINESS	1	2	3	4	5	6	7	8	9	10
MY FAMILY / SOCIAL	1	2	3	4	5	6	7	8	9	10
ME / SELF	1	2	3	4	5	6	7	8	9	10

2.	LOOKING BACK (since last meeting)		LOOKING FORWARD	
	What increased your energy?	What depleted your energy?	What are you excited about?	What concerns you?
<b>BUSINESS</b>				
<b>FAMILY</b>				
<b>ME</b>				

**3. Based on my update, these are the issues I would like to explore:**

1) Issue: \_\_\_\_\_ Feelings: \_\_\_\_\_ Priority: \_\_\_\_

2) Issue: \_\_\_\_\_ Feelings: \_\_\_\_\_ Priority: \_\_\_\_

*Feelings: mad, sad, glad, scared, ashamed, happy,*

*Priorities: 1 = high urgency + high importance / 2 = high importance*