

# Monthly update

## Ratings

Rate yourself on each area from 1 to 5. 1 = Terrible · 5 = Amazing. (No .5 ratings)

 Personal

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

 Family

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

 Business

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

## One Word Open

Choose a single word to describe how you're feeling today.

*e.g. frayed*

## Highs & Lows

HIGHS

LOWS

 Personal

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

 Family

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

 Business

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

## One Success / Accomplishment / Win (Past Month)

|       |
|-------|
| _____ |
| _____ |

*e.g. said no to the thing that would have eaten Fridays*

 **Energy Vampire in My Life Right Now**

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 **Something I Am Reluctant to Talk About**

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 **A Challenge I'd Like to Deep Dive on With the Group**

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*e.g. hire a CEO, or sell?*

 **Recommendations for the Group**

Share at the end of forum. 1–3 things you’ve been enjoying lately (restaurants, books, products, podcasts, places, etc.).

1

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2

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3

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# How to fill this

*This is not a status report. It is so your forum can actually help you.*

**DO**

- Specific: a scene, a number, a decision.
- Write the thing you'd rather skip.
- One Word Open is one word.
- Honest ratings, including 2s.
- One challenge with a real fork.

**DON'T**

- "Fine," "busy," or "grateful."
- Everything is a 5.
- A list of twelve updates.
- Coaching yourself instead of asking.
- Vague "work-life balance."
- Using this to dump on a forum member.

**EXAMPLE**

|                 |                                                                    |
|-----------------|--------------------------------------------------------------------|
| RATINGS         | <i>Personal 3 · Family 4 · Business 2</i>                          |
| ONE WORD        | <i>Frayed</i>                                                      |
| PERSONAL HIGHS  | <i>Morning runs, three weeks in a row.</i>                         |
| PERSONAL LOWS   | <i>Up at 3am twice replaying Tuesday's board call.</i>             |
| FAMILY HIGHS    | <i>Saturday with the kids, phone in the other room.</i>            |
| FAMILY LOWS     | <i>Short with my partner after the close.</i>                      |
| BUSINESS HIGHS  | <i>Closed the enterprise renewal.</i>                              |
| BUSINESS LOWS   | <i>Still haven't told the team we're missing plan.</i>             |
| WIN             | <i>Said no to the advisory that would have eaten Fridays.</i>      |
| ENERGY VAMPIRE  | <i>The customer who CCs my cell and expects a same-hour reply.</i> |
| RELUCTANT       | <i>I'm not sure I want to keep running this company.</i>           |
| CHALLENGE       | <i>Hire a CEO in the next year, or sell?</i>                       |
| RECOMMENDATIONS | <i>Lola's on 4th · Four Thousand Weeks · Acquired</i>              |