

Forum Update Preparation Form

When completing the update sheet please share the feelings associated with the events you are describing.

1. What is the best thing that happened to you in the past 60 days and why was it the best?

2. What has caused you the greatest pain, disappointment, or concern in the past 60 days?

3. What are you looking forward to the most over the next 30 to 60 days and why?

4. What will be your greatest challenge in the next 30 to 60 days and how do you feel about it?

5. If you could select one family, business, or personal matter to discuss with your forum, what would it be?