

DIXIE 7 FORUM UPDATE

Paper Print Version

Each forum member is committed to providing **emotional** updates at our meetings and being present for other member updates. Great updates express the member's feelings and vulnerabilities. Some keys to an emotional update:

- Focus on our feelings to get to the issue
- Be curious what our lives are saying to us
- Dare to be vulnerable and leave your comfort zone
- Use the best and worst 5% of the areas of life to go deep (the other 90% can be shared with anyone)

Forum Update Worksheet

	1-10 being great	What is your overall state (happy, sad, angry, blah)? Discuss	
	Rating	What's going well?	What are your challenges?
Personal		Tip: Think about importance/impact and feeling	Tip: What keeps popping into your mind?
Business			
Family			
		What are you most excited about (anticipate) or dread in next 30 days?	
		Tip: Goals to be accomplished/People you miss/something you want to change	