

WHAT I THINK ABOUT as I prepare my 5% Reflections

Reviewing my calendar; reflecting on moments, people, situations

When did I FEEL

- Pride or shame? Intimacy or distance?
- Very vulnerable or strong? Very detached or uncaring?
- An energy downer or creator? An energy change that surprised me?
- Disappointment or accomplishment?
- Resentful or fulfilled?
- What is giving me peace? What is blocking my peace?

When did I THINK

- I moved towards or away from my personal vision, mission, values?
- An ideal situation is painfully conflicting with current reality?
- A personal or business finance high or low? Surprise or delay?
- What is an issue I am reluctant to share?
- My most brilliant idea or mistake?
- What do I worry about at night?

How I am EXECUTING

- What has been my major focus or priority?
- Something I have been working to change?
- Something I tried for the first time? Been taking for granted?
- What did I finally tackle? Continue to procrastinate on?
- Achieved goals or sidestepped? Made an important decision?

How I am ENGAGING

- My most joyful moment with someone?
- My most painful moment? Biggest laugh or tears? With whom?
- 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 conflict or struggle with someone?

