

HIGH IMPACT UPDATE

1. Rate your level of satisfaction, scale of 1-10. (For anger rate *amount*)

Health___ Relationship___ Children___ Personal Finance___ Business___ Sex___ Spirituality___ Anger___

2. Headline / What has been keeping you up at night?

3. Optional, only if you can describe impact, and emotion

Personal issue or event

Best _____

Worst _____

Impact _____

Impact _____

Feeling _____

Feeling _____

Family issue or event

Best _____

Worst _____

Impact _____

Impact _____

Feeling _____

Feeling _____

Business issue or event

Best _____

Worst _____

Impact _____

Impact _____

Feeling _____

Feeling _____

Next 30 days, is there anything crucial? Hopes and fears?

Aspirations: Has anything happened to move you closer to your hopes and dreams?