

Forum Flow - 2 Hours

OPENING - 5 Mins

- One Word "Current State"
- 3 Mins Meditation
- Core Value Reminder

MONTHLY REFLECTION - 40 Mins

- Reflection (2.5 mins each)
 - o Rating (Business / Personal)
 - o Reflection (Business / Personal)

SHOUTOUTS - 3 Mins

GOALS - 15 Mins

- Done / Not Done (1 min each)
- Top Monthly Goals (fill out together)

BREAK - 5 Mins

DEEP DIVE #1 - 40 Mins

- Issue Background (8 mins)
- Q&A (8 mins)
- Gather Thoughts (1 min)
- Feedback (2 mins each)
 - o "I can relate because..." (You're not alone)
 - o "Here's what I did when I had this issue..." (Share personal experiences)
 - o "I heard you say... which makes me wonder if..." (Reflect on their own words)
 - o "If this were my challenge, here's what I would do..." (Action steps you'd take)
 - o "I can support you with..." (Offer a resource)
- Final Thoughts / Top Action(s) (2 mins)

NEEDS / LEADS - 5 Mins

HOUSEKEEPING - 5 Mins

FINAL THOUGHT CLOSE - 3 Mins

