# Roundtable Monthly Update

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| --- | --- | --- |
| Name: | Month: | Your Word of the Day: |

|  |  |  |
| --- | --- | --- |
|  | Last 30 days | Next 30 days |
| **Best** | **Worst** | **Most Looking Forward to** | **Least Looking Forward to** |
| Business  |  |  |  |  |
| Personal  |  |  |  |  |
| Family |  |  |  |  |

Please identify and fill in the information above to be prepared during your update. The information is for your use and documentation. If you don't have the time, at the meeting there will be reflection time for you to do so.

All information shared is held in confidence.