

## YPO 5% Update Form

**What's the 5%?** It's the stuff you usually keep to yourself. Wins that feel surprisingly emotional. Moments you felt most alive. When were you totally on or off your game? Challenges you're navigating quietly. Decisions that carry more weight than you let on. You at your worst. Guilt. Shame. Bring that here. This form is an invitation to go beyond the surface, what's real for you. The 5% is where insight, support, and growth begin.

**Use this sentence as a starting point: "If you really knew me..." What emotions apply?**

Angry	Frustrated	Anxious	Impatient	Irritated	Overwhelmed	Pressured
Energized	Grateful	Proud	Hopeful	Confident	Curious	Inspired
Sad	Empty	Lonely	Doubtful	Discouraged	Helpless	Depressed
Content	Peaceful	Grounded	Calm	Present	Fulfilled	Alive

### Past 30 days

Area of Life	Why is it in the 5%	My emotions are... (list all)
<b>Business</b> What happened that really impacted you (positively or not)?  Anything you're not saying out loud, but feel deeply?		
<b>Family</b> Any tension, distance, or unexpected connection?  Where did you show up well, or wish you had?		
<b>Self</b> What's going on under the surface?  What did you learn about yourself?  Where did you grow? When did you stumble? Where are you in the arena? Where are you in the stands?		

## Upcoming 30 days

Area of Life	Why is it in the 5%	My feelings are... (list all)
<b>Business</b> What's on your mind heading into this next stretch?  Any decisions, unknowns, or pressure points?		
<b>Family</b> What conversations do you want (or need) to have?  What lights you up? What are you dreading?  One area you'd like to change?		
<b>Self</b> Where do you want to grow or take a risk?  What's something you've been avoiding, but want to face?  Is there someone you want to reach out to?  What's one thing that would support you feeling alive?		

If I were to present today, I would talk about: \_\_\_\_\_. I want \_\_\_ to coach me.