



In Search of Balance

Be Specific -- Be Brief

Strategic Topics I'd like to discuss: _____

Tactical Topics I'd like to discuss: _____

On a scale of 1 – 10 (10 = great) my health is: _____ On a scale of 1 – 10 (10 = great) my life is: _____

Past

Things I'm still dealing with from the past

Today

What's currently on my mind
(& near future)

Future

Things I will have to address
within 3-6 months

Business	1). _____	1). _____	1). _____
	2). _____	2). _____	2). _____
Family	1). _____	1). _____	1). _____
	2). _____	2). _____	2). _____
Personal	1). _____	1). _____	1). _____
	2). _____	2). _____	2). _____

CEBI Mutual Respect Guidelines

Our board is a family of caring people, giving and receiving advice on life's issues

- 1). Confidentiality is absolute
- 2). Respect for each other's time, feelings, and fears is open and not judgmental
- 3). Being fully present is essential – ready to give and receive
- 4). Attendance is expected at all Boards