

Update Exercises

At the beginning of each meeting, it's helpful to spend a few minutes updating your peers about the important things happening in your life. This keeps everyone in the group up-to-date and fosters the personal connections that drive a Circle's success.

If you're having trouble figuring out what to share, you can use one of the following exercises to help you put together your update.

Exercise 1

	BEST THING THAT'S HAPPENED IN THE LAST MONTH	WORST THING THAT'S HAPPENED IN THE LAST MONTH	WHAT MOST LOOKING FORWARD TO IN THE MONTH AHEAD	WHAT MOST DREADING IN THE MONTH AHEAD
BUSINESS				
PERSONAL				