

ROGUE FORUM

Your 5% Reflections

The 5% Reflection is a structured way to share the most meaningful moments from your past month—events that had a **deep personal, professional, or emotional impact**. This is not about catching the group up on everything, but rather **filtering for the moments that truly mattered to you**.

Your **goal** is to reflect, gain insight, and share openly—not to entertain, prove a point, or dwell in unnecessary details.

Tips for Effective 5% Reflection

- ✓ Use **precise and meaningful words** to describe your emotions.
 - ✓ Keep your headline to **one sentence**—focus on the key moment.
 - ✓ Don't get lost in a **full personal update**—stay focused on the 5%.
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How to Prepare / Share Your 5% Reflection

Breakdown of a 5% Reflection:

- ◆ **10%** – Identify your emotions (3-5 key feelings).
- ◆ **10%** – Craft a **one-sentence** headline that summarizes what happened.
- ◆ **80%** – Explain why this moment was **personally significant** to you.

Preparation Mindset:

- Filter for moments that had **real significance** in your life.
 - Start with **what matters most**
 - If you would share it with someone **in an elevator, it's not your 5%**
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5% Reflections Worksheet

Use the worksheet below to organize your reflections before sharing. **Think about the most impactful moments from the past month** and categorize them under the relevant area of your life.

| Category | Feelings (3-5 words) | Headline (1 sentence summary of what caused these feelings) | Significance (Why was this moment meaningful / 5%?) |
|-----------------|-----------------------------|--|--|
| Work | | | |
| Family | | | |
| Personal | | | |

 **A challenge or opportunity I would like to explore further with the group is...**
