5% reflections

"**5% Reflections**" are moments during EO forum meetings where members share the most personal and intimate experiences, which usually represent the 5% of their lives they rarely speak about publicly. It is a space for honest, deep dialogue, allowing for strong relationships and mutual support within the group of entrepreneurs, both professionally and personally.

Each forum member prepares their "5% Reflections" in the form of a simple table.

Below you will find some examples of such tables.

Example no. 1

Area	**Feelings**	**Headline**	**Significance (5%)**
Work	Stress, Anxiety, Confusion	The company is growing rapidly, but I feel like I’m losing control over it.	I’ve always been in control, but now I’m losing balance between the company and personal life. I’m afraid that further growth may lead to burnout.
Family	Sadness, Disappointment, Concern	Due to lack of time, I’m starting to drift away from my family.	Family relationships are my foundation, but now I feel like I’m neglecting them. This worries me greatly because I find it hard to function without their support.
Personal	Loneliness, Anxiety, Resignation	I’ve been struggling with a sense of emptiness and lack of purpose for some time.	I’ve always had clear goals, but now I feel like I’ve lost my sense of direction. The lack of motivation is starting to affect my daily actions and well-being.

Example no. 2

Area	**Feelings**	**Headline**	**Significance (5%)**

Work	Uncertainty, Frustration, Anger	I’m struggling with a major project that’s stalled despite my efforts.	It’s frustrating because I’m putting in a lot of effort, but the results aren’t coming. I feel that my role as a leader is being undermined by this lack of progress.
Family	Gratitude, Love, Exhaustion	I’ve been spending more time with my family lately, but I still feel drained.	I’m grateful for the time with my loved ones, but I can’t fully focus on it because of work problems. I’m worried that I’m neglecting important relationships.
Personal	Fear, Doubt, Sadness	I feel like I’m not making progress in my personal development, and it’s overwhelming.	I’ve always strived for self-improvement, but now I feel stuck. This makes me feel like I’m not living up to my own expectations.

Example no. 3

Area	**Feelings**	**Headline**	**Significance (5%)**
Work	Excitement, Stress, Anticipation	The new project I’m leading has great potential, but the pressure is immense.	I’m excited because this project could be groundbreaking for the company, but I fear the expectations are so high that it will be hard to meet them.
Family	Concern, Frustration, Impatience	My partner and I are having strained relations due to my lack of time for the family.	Family has always been my top priority, but now I feel like I’m neglecting them because of my intense work. This creates tensions that are hard for me to understand and resolve.
Personal	Contentment, Pride, Fatigue	I’ve recently focused on improving my physical fitness, which has shown results.	I’m proud of what I’ve achieved, but I feel like I’m depleting my resources. I wonder if I’m investing too much energy in one area while neglecting others.

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