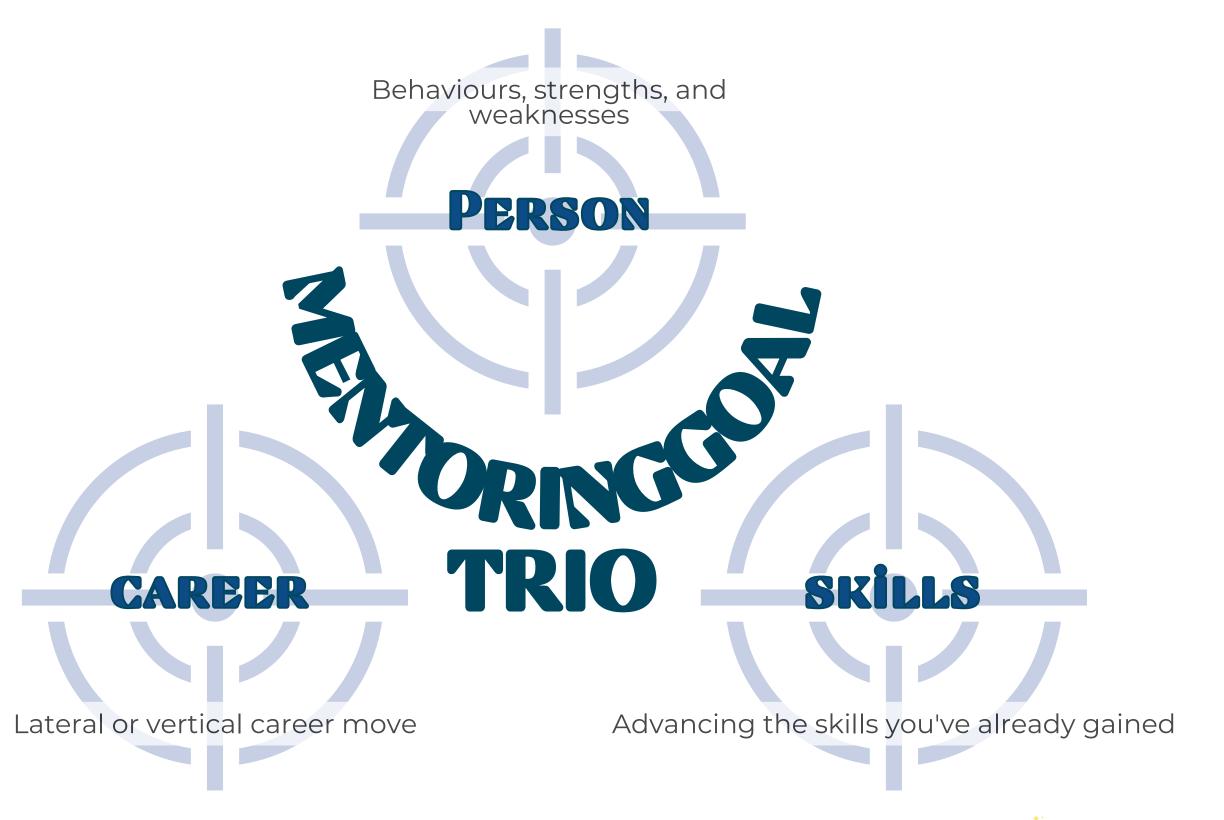
STEP 1. USE THE THREE AREAS TO GAIN CLARITY ABOUT YOUR MENTORING GOALS.

TOOL FROM THE MENTORING JOURNAL





TOOL FROM THE MENTORING JOURNAL

• Which emotional responses would you like to manage better?

STEP 2.

FOLLOW ME TO
FIND OUT WHEN
THE MENTORING
JOURNAL IS
PUBLISHED;-)

What direction do you want your career to take?

building visibility, and so on?

• Are you choosing to stay in your current field intentionally?

How are you getting ready for your next move—through networking.



• What habits are helpful to you?

• What are your strengths and weaknesses?

- - Which skills would you like to develop?
 - What works well for you?
 - What can you learn or adapt from others while still making it your own?

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AMELIORAT MULTIPLY POTENTIAL