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

TOOL FROM THE MENTORING JOURNAL





TOOL FROM THE MENTORING JOURNAL

STEP 2.

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



• What habits are helpful to you?

SKILLS

- What are your strengths and weaknesses?
- Which emotional responses would you like to manage better?

- What direction do you want your career to take?
- Are you choosing to stay in your current field intentionally?
- How are you getting ready for your next move—through networking building visibility, and so on?

- 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?

