



## FIND A MENTOR

Chances are you've had mentors in the past and possibly didn't realize it at the time. *Your mentors might have been your: teachers, coaches, counselors, friends, relatives, supervisors, and co-workers.* This activity invites you to look back on your life to identify past mentors and give thought to what characteristics each person possessed.

*Complete the table below to get a better idea of how your personal development has been enhanced by mentors, even if this relationship wasn't officially recognized as mentoring.*

**TIP:** One question you can ask yourself to help you focus is: If I hadn't met, \_\_\_\_\_ how would I have learned \_\_\_\_\_ ?

Mentor's Name	How Mentor Helped Me	What Characteristics Mentor Possessed that Helped Me Grow	What I Did to Make the Most of the Relationship

How could a mentor help you succeed in your current situation? \_\_\_\_\_

Name at least one person you would like to have as a mentor. \_\_\_\_\_

How could a **Professional Association** help you find a mentor? \_\_\_\_\_

What is the first thing you should do to get the mentor you seek? \_\_\_\_\_

“MODEL SOMEONE WHO'S ALREADY SUCCESSFUL...BECAUSE SUCCESS LEAVES CLUES.” —TONY ROBBINS