

Mentee's Personal Evaluation

Before starting a new relationship, it's a good idea for Mentees to step back from their day-to-day life and ask themselves questions such as "Where am I? How am I doing?". This activity will also help them get feedback from their Mentor on how she/he sees them. They should be sure to complete this exercise before the first meeting. The Mentor will be doing a similar exercise in preparation for the meeting.

Instructions

The purpose of this tool is to help you get a real picture of where you are. The more honest you are, the more you will see yourself reflected in the answers in the exercises below:

- 1) What are my top five strengths as a person—the top five things I feel good about and am proud of?

1.
2.
3.
4.
5.

- 2) What are the five areas in which I could improve as a person—the five things I most want to work on or improve about myself?

1.
2.
3.
4.
5.

- 3) What are the top five opportunities available to me at this moment—things I could do, act on or take advantage of that would help me develop and reach my potential?

1.
2.
3.
4.
5.

- 3) What are the top five threats I'm facing right now—well-defined threats in the world that could keep me from achieving my dreams?

1.
2.
3.
4.
5.

4) What are the five most important things I can do over the next six months to build on my strengths and overcome my challenges?

1.
2.
3.
4.
5.