

Getting Started

SELF-AWARENESS QUESTIONS

The job of becoming a self-mentor is really about developing the disposition of lifelong learning and self-transformation. Ongoing self-reflection is central to that process. This means becoming fully aware of what you want in all areas of your life and being able to invent new possibilities that enable you to unleash your passions and potential. Reflect on the following questions:

1. What is really important to you? What do you value most?
2. What special talents make you unique?
3. What qualities do you most admire in others?
4. How do you define personal success? When have you felt most successful?
5. How have you used your knowledge, skills, and special talents to make a difference in the world?
6. When have you felt most alive, energized, and excited about your work? When have you felt most depleted and discouraged about work?
7. What is something you have always longed to do but never quite had the courage to do?

8. How do you handle adversity?

9. When things do not go well or as planned, how do you respond—are you quick to blame others; do you take ownership for the outcome of your decisions and actions; do you step back and try to objectively examine how you, along with others or circumstances outside of your control, contributed in various ways to the outcome; or do you react in another way?

10. When do you feel most at peace?

11. How do you balance your personal and professional pursuits?

12. What types of emotional regulation practices do you use in your interpersonal relationships (deep breathing, reflection, etc.)?

13. If you had unlimited time and resources, what would you choose to do?

14. What do you want more of in your relationships? What do you want less of in your relationships?

15. What legacy do you want to pass on?

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