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Mentorship *Worksheet*

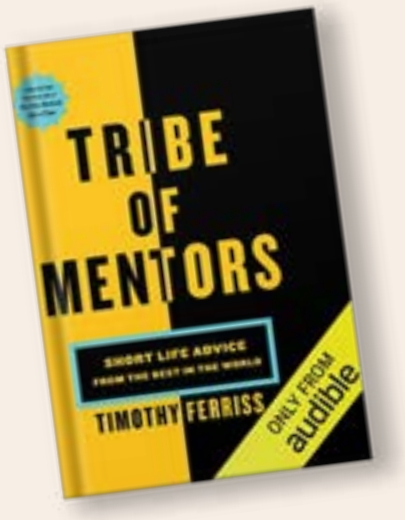
HAVING A MENTOR CAN MAKE ALL THE DIFFERENCE IN YOUR SUCCESS, AND OFTEN, THE BIGGEST CHALLENGE IS SIMPLY FINDING THE RIGHT ONE.

BOOK RECOMMENDATION:

Tribe of Mentors

Looking for life-changing advice from the world's top achievers? Check out "Tribe of Mentors" by Timothy Ferriss!

This book delivers bite-sized wisdom from 100+ brilliant minds, including entrepreneurs, athletes, and artists. Get ready to be inspired, guided, and empowered to tackle life's challenges like a pro.



Worksheet

1. Define your goals

What do you hope to gain from a mentorship relationship?

2. Identify your needs

In which areas of your business do you need guidance and support?

3. List potential mentors

Who are the people that inspire you, or have achieved success in your field?

4. Research your options

Look into professional organizations and networking events to meet potential mentors.

5. Prepare your pitch

Develop a clear, concise introduction and explain why you're seeking mentorship.

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Worksheet

6. Reach out

Contact potential mentors, whether through social media, email, or in person, and initiate a conversation.

7. Reflect on responses

Analyze the feedback you receive and choose the mentor that best aligns with your goals and needs.

4. Research your options

Look into professional organizations and networking events to meet potential mentors.

Once you've found your mentor, remember to:

1. Be prepared

Know where you need guidance and how your mentor can help you.

2. Set SMART goals

Specific, Measurable, Achievable, Relevant, and Time-bound goals will keep your mentorship relationship focused and productive.

3. Express gratitude

Always thank your mentors for their time, support, and insights.

4. Research your options

Show that you value their time by being on time for meetings and going to them if you're meeting in person.

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