

# Introductory Worksheet: A Useful Must for All Mentees

This worksheet is designed to help you gather your thoughts and ensure you have meaningful topics to discuss in order to reach your goals. By filling it out, you'll be ready to make the most of your initial meeting and set the stage for a successful mentoring relationship.

## Part One: *About You*

1. In short, what is your motivation for signing up for Equilibrium?
2. What do you view to be your biggest strengths?
3. What has been your greatest accomplishment? What strengths helped you achieve it?
4. What is your favorite hobby and why? In what ways does it shape your character and values?
5. What are some of your weaknesses?
6. What is a current challenge you are facing in life?

## Part Two: *Your Mentoring Expectations*

1. What area of mentoring do you want to be guided in?
2. What are your goals to fulfill on your mentoring journey? Are the goals measurable? How will you keep track of whether you are closer to achieving your goals?
3. What are the problems you are currently facing or find challenging?
4. What questions do you want to have answers to at the end of the first mentoring session?
5. What questions do you want to have answers to at the end of your mentoring journey?

## Part Three: *Additional Ways to Get to Know Yourself*

You can take the following tests to answer these questions:

1. **16 Personalities Test:** What are my core personality traits, strengths, and weaknesses, and how do they influence my behavior and preferences in personal and professional contexts?
6. **DiSC Model Test:** What is my predominant behavioral style, and how does it affect my communication and interaction with others in the workplace?
2. **Belbin Team Role Test:** What role do I naturally take on within a team, and how can I best contribute to the team's success?

By going through this worksheet carefully and attentively, you will set a solid foundation to kickstart your mentoring journey. Remember, every great mentoring experience begins with a strong plan.

**Dream, Dare, Share!**