MENTORSHIP PREPARATION WORKSHEET
SELF-REFLECTION

Objective:

This worksheet will help you reflect on your current career stage, clarify your goals, and identify areas where you need guidance or support. Completing this worksheet will prepare you to seek a mentor who can help you achieve your career objectives.

Identify Your Current Career Stage

Take a moment to think about where you are in your career. Answer the questions below to better understand your current situation.

What is your current job title/role?

How long have you been in this role?

What are the key responsibilities of your current position?

What skills or knowledge have you gained in this role?

How do you feel about your current career progress?

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