



CONNECTING WITHIN

Time to take a moment for yourself and look within and identify what motivates you.

In a mentoring relationship one must self-reflect and identify what is important to them as these ideals influence how you will interact with the outside world. Looking inward and thinking about what is most important to you is a prerequisite to fully living on purpose.

This exercise will help you identify and understand what is most important to you in life. Here are some questions to help you start identifying what you value most. Get comfy. Take your time. Go slow. This is something you do not want to rush. These are questions that will help you understand yourself better.

- What were the 5 times in your life when you felt most alive?
- What are the 5 times in your life that made you feel most proud?
- What are the 5 times in your future that will make you feel most proud?
- What are 5 qualities that make you classify someone as extraordinary?
- When were 5 times in your life that you were most at peace?
- If you only had a month left to live, what 5 things would you do?

After you have completed and answered all the questions, take time out to think about your answers. Spend a few minutes thinking about them. You should be able to notice a trend emerging.

- What are the commonalities that those answers all share?
- Do you see themes?
- What have you just realized about yourself that you may have forgotten or never even thought of?
- How will you move forward after reflecting on these thoughts about yourself?

