

## **MENTOR** - who can be your role model and your friend!

**"A mentor is someone you admire and under whom you can learn from him the excellence and superiority".**

- \* Turn your mentors into role models **by examining their positive traits**. Write down their virtues, without identifying to whom they belong. When you are with these mentors, look for even more behaviors that reflect their success. Use these virtues as guidelines for achieving excellence in your field.
- \* Select people to be your mentors who have the highest ethical standards and a **genuine willingness to help others**.
- \* Choose mentors who have and will share **superb personal development habits** with you and will encourage you to follow suit.
- \* Incorporate activities into your mentor relationship that will enable your mentor to **introduce you to people of influence** or helpfulness. (Ask your mentor if you can join him/her at their next conference or networking event.)
- \* Insist that your mentor be diligent about monitoring **your progress with accountability functions**. (Progress "check-up" meetings once a month or every two months.)
- \* Encourage your mentor **to make you an independent, competent, fully functioning, productive individual**.



**Acquiring good habits from others will accelerate you towards achieving your goals.**

Ask yourself these questions to get the most out of your role-model/mentors:

1. What would they do in my situation?
2. What do they do every day to encourage growth and to move closer to a goal?
3. How do they think in general / in specific situations?
4. Do they have other facet of life in balance? What effect does that have on their well-being?
5. How do their traits apply to me?
6. Which traits are worth working on first?

**Mentors make excellent role models. The one-to-one setting is highly conducive to learning as well as to friendship.**