



A compass to insights and resources for building positive and focused mentoring experiences

MAPPING YOUR NORTH STAR

STEP 1. Core Values

These are the principles that guide your actions, especially in times of uncertainty.

- 1.
- 2.
- 3.
- 4.
- 5.

STEP 2. Identify Strengths and Passions

What energizes you and comes naturally?

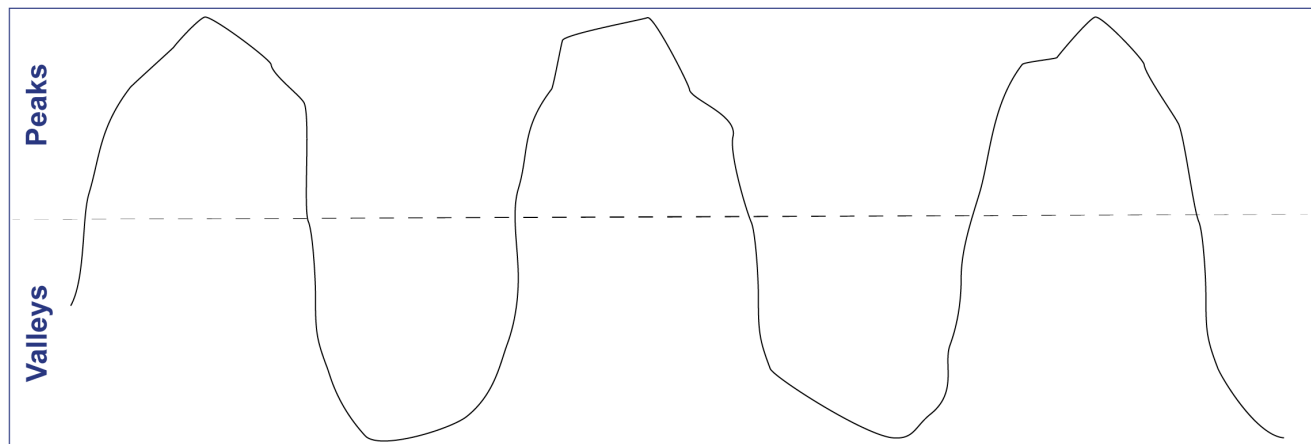
I lose track of time when... _____

I am naturally great at... _____

The problem I want to solve is... _____

STEP 3. Articulate Your “Why”

Reflect on life's highs (Peaks; above the dashed line) and lows (Valleys; below the dashed line).



Connecting Theme:

Write a connecting theme that runs through these highs/lows (e.g., resilience, helping others, discovery).

My Why:

Example: To [action], so that [positive impact]

STEP 4. PERSONAL MISSION

Example: my mission is to [step 2] for [who; step 3] guided by my commitment to [step1] so that [step3]