JOLT 4 OF 10 · JUMPSTART YOUR MOTIVATION

4 · Be a Mentor and Have a Mentor

- [ ] List 3 people you'd want as a mentor
- [ ] Ask one of them for 30 minutes this month
- [ ] Prepare 3 questions before you meet
- [ ] List what you could mentor someone else on
- [ ] Offer to help one person starting out
- [ ] Set a monthly check-in with both

Week of: _____