

NAME:

DATE:

## MIRROR AND MISSION

CONDUCT YOUR OWN “MIRROR” TEST. CONSIDER WHAT YOU’VE LEARNED DURING THE PREVIOUS CLASSES ABOUT MENTORS AND ANTI-MENTORS, VALUES, AND MORE. FOR EXAMPLE, WHAT DO YOU LEARN FROM MENTORS AND ANTI-MENTORS? HOW DO VALUES TRANSLATE INTO BEHAVIORS AND CHOICES? AVOID FOCUSING ON ASPECTS LIKE YOUR PHYSICAL APPEARANCE— RATHER, FOCUS MORE ON YOUR BELIEFS AND VALUES AND WHAT IS “INSIDE” (WHAT OTHER PEOPLE CANNOT SEE).

HOW DO I DESCRIBE MYSELF?

WHAT ARE MY BELIEFS?

WHAT DO I FEEL GOOD ABOUT? WHAT DO I WANT TO CHANGE?

HOW WOULD OTHERS DESCRIBE ME?

WHO CAN HELP ME WITH THE CHANGES I WANT TO MAKE? ARE THEY MENTORS OR ANTI-MENTORS?

WHAT IS MY PERSONAL MISSION STATEMENT?