Your Past Mentors

Chances are you've had mentors in the past and possibly didn't realize it at the time. This activity invites you to look back on your life to identify past mentors and give thought to what characteristics each person possessed that helped establish a mentoring relationship and what behaviors you exhibited that made the mentoring stick.

Think back on various stages of your life and remember those individuals who had a unique and important impact on your life. One question you can ask yourself to help you focus is: "If I hadn't met _____, how would I have learned _____?" Some "types" of people to think about are: teachers, coaches, counselors, friends, relatives, supervisors, and co-workers.

Complete the table below to get a better idea of how your personal development has been enhanced by mentors whether or not a relationship was officially recognized as mentoring.

Mentor's Name	How Mentor Helped Me	What Characteristics Mentor Possessed that Helped Me Grow	What I Did to Make the Most of the Relationship