

## Exercise 1 (MODULE 1)

Please complete the following:

1. Do you have existing mentor(s)? If yes, who are they and how have they helped or benefited you?
2. If not, why do you not have any mentor yet and if you were to have somebody as mentor, in which area of your life would it be? Can you think of a particular person whom you would like to mentor you?
3. Do some self-reflection. Is your mindset generally more positive and you see opportunities or solutions or generally more negative and you see obstacles, problems and “what if’s”?
4. Look at the success factors shared in this module. Which specific ones do you have challenges with? Write those down and actively work on strategies on how to overcome those challenges.

**TIP** A good strategy to form a new habit (or get rid of an old, unwanted one) is to proactively think about it and perform it for at least 21-30 days daily multiple times a day