

## 5.2 Understanding Self and Others — Discussion Starters

### Try This!

To start a discussion with your mentee, you may want to ask one or several of the following questions. Use any of the tools in this section.

1. What is the most important attribute you have?
2. Describe your *brand*. In other words, how do you think people see you at work? At home?
3. Who do you call if you need help or advice? Why? When was the last time you called this person?
4. Tell me about someone who you feel you really understand? How did you come to understand this person? Do you feel this person understands you?
5. What real person, dead or alive, do you wish you could be more like? Why?
6. How do you prefer to learn or memorize new information?
7. Describe one of your greatest achievements.
8. What's something you've done that surprised even you?
9. George Carlin said "Life is not measured by the number of breaths you take but by the moments that take your breath away." When have you had such a moment?
10. If you could eliminate one weakness or limitation in your life, what would it be?
11. How often do you second-guess yourself? Why?