

8.2 Optional: Time Management — 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. Tell me about your day yesterday. What time did you get up? When was the first time that you ate?
2. How do you prioritize your activities?
3. Do you think you have issues with time management? Do other people think you do?
4. Are there any specific things you would like to work on related to time management?
5. Do you prefer exercising your mind or your body? How frequently do you do either?
6. What is your least favorite thing to do at _____? Why?
7. If you could take an early retirement, what would you do?
8. If you just found out that you only had two weeks to live, what top two or three things would you do? Why?
9. Talk to me about setting boundaries in your life. Do you feel you are able to set healthy boundaries?