

IDENTIFYING YOUR NEEDS

(Please complete and bring a summary to your next mentoring session.)

Think about what help and guidance you are seeking from your mentor. This may already be quite clear to you; if so, write it down in specific terms.

If you find it difficult to identify your needs, talk it over with a peer or a leader. Initially you may be able to state your need only in general terms and your mentor will help you become more specific.

You are really seeking to identify here what is God's intention for your life. To allow God to get your attention, it would be helpful to try to spend time in retreat or significant time on your own, where you pray and think through these matters.

To prompt your thinking in endeavoring to discover what you (and God!) want, here are questions on three key areas.

Long Term Objectives:

- Where do I want my life to be in five to ten years?
- What will it take to get there?
- What stands between me and that outcome?
- What will help me?

Basic Areas of Life:

Ask the following questions of these basic categories of your life: **friendships, marriage, family, spiritual life, ministry, work, involvement in the community at large.**

- Where are your chronic problem areas?
- Where and how are you experiencing repeated failure?
- Where do you feel inadequate?
- Where do you need to grow?

Four levels of competency:

- What **attitudes or values** do you feel the need to cultivate?
- What **habits and behaviours** are you trying to establish or change?
- In what ways do you want to increase your **knowledge and understanding**?
- What **skills** do you wish to develop? ⁽¹⁾

This exercise is meant to help you find specific areas where you need help. The list you make may need to be prioritised, with the top one (or more) then being chosen for you to commence working on. However, your mentor may be helped if he/she reads your full list.

- Extract from *Mentoring to Develop Disciples and Leaders* (Page 176) -John Mallison, Open Book©

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