



Your Mentorship Map

A guided reflection worksheet to help you identify, cultivate, and activate mentorship for your next level of success. This is a fillable form, or, you may print it and write in your answers.

1. Reflect on Past Mentorship

Think about someone who's played a meaningful role in your career or life. Write a few sentences about how they impacted you.

Name or Role: _____

How they helped you grow:

2. Identify Your Current Mentorship Needs

Where do you need support, guidance, or sponsorship right now?

- Career Skills
- Leadership Development
- Work-Life Balance
- Confidence or Visibility
- Other: _____

3. Build Your Mentorship Circle

List current or potential mentors who can support you in different ways.

Name or Role

Type of Mentorship

How You'll Reach Out

4. Take the First Step

Write down 1-2 simple actions you'll take this week to deepen or initiate a mentoring relationship.

- _____
- _____

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