

Mentoring Responses

CHEAT SHEET

I am so frustrated with myself. Here I am back in the same predicament, just like before.

My plate is so full I don't even know where to begin, so I freeze and do nothing.

I've been in this battle for so long. I just want to run away.

Things are moving so slow with my career. I'm bored. I'm tired of the delays and broken promises.

I've got so much negative talk going on in my head. It is like a bad recording that is stuck on replay.

I've been asked to do _____ but I'm so fearful I won't measure up.

Lately, I've had a problem with being extremely sarcastic & short-tempered with my coworkers.

I've got a deadline and need to make a decision, but I am dreading the outcome.

I need help learning how to not procrastinate projects.

What's wrong with me? I'd rather struggle than ask for help?

What have you learned so far from this situation?

Let's talk about what is most important right now.

What other choices do you have? What are your options?

What can you do in the waiting period?

Let's talk about God's truth and how it applies to you and your situation.

What, specifically, is the big challenge you face?

What has changed in your life recently to make this occur?

What's the worst thing that can happen?

How committed are you to changing this in your life?

Tell me more. When was the last time you asked for help and what was your experience?



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