



Clock Into Potential 2023

Action Items and Discussion Questions

Following Workshop 2: Finding Your Purpose

First coaching session:

- A. Now that you have identified what is important to you, do you feel like most of your time and energy is going there or someplace else?

- B. What in your life might be keeping you from pursuing your dreams and passions?
 - a. Out of these things, which ones are in your control?
 - b. What would need to happen to change those things?

Second coaching session:

- A. Help your mentee come up with an action plan to start moving toward their goals. Start with small, achievable steps. Remind them that if nothing starts happening, they will still be stuck here in five years. If they start now, they will be in a different place in five years.