

# Shift Maven Mentoring Questionnaire

Welcome. This isn't an application—it's a quick check-in. If answering these feels honest and clarifying, mentoring may be a good fit.

1. What shift are you currently moving through (or craving)?
2. What would mentoring mean to you at this stage?
3. What's one thing you've already done to support yourself lately?
4. What are you ready to let go of (a belief, habit, or story)?
5. How do you prefer to receive guidance (gentle, direct, structured, intuitive)?
6. Have you worked with a mentor/coach/guide before? What did/didn't work for you?
7. Is there anything you'd like Paulette to know before reaching out?

Return completed form to: [paulette@shiftmaven.press](mailto:paulette@shiftmaven.press)

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