

# Shift Maven Mentoring Questionnaire

Welcome, beautiful soul

This isn't an application — it's a reflection

A quiet check-in with yourself

If these questions spark something, we may be aligned for the journey ahead.

What personal shift are you currently moving through or craving?

What would mentorship mean to you at this stage in your life?

What's one thing you've already done to support your own growth?

What are you ready to let go of (a belief, habit, or story)?

How do you prefer to receive guidance? (e.g., gentle, direct, structured, intuitive)

Have you worked with a mentor, coach, or guide before? What did/didn't work for you?

Is there anything you'd like Paulette to know before reaching out?