**Mentoring Intake assessment**

The questions in this assessment are useful for self-reflection and will help me to get to know you quickly. I want our sessions to be helpful and an honest approach to these sections from you will help me assess your needs most efficiently. If you find any of these questions particularly challenging, please know that these sessions are for your benefit and meant to encourage you.

There are three sections. Each section corresponds with a session with Lu.

1. *Background information, values, goals, hopes for the future*
2. *Previous relationships, challenges, roadblocks, areas of woundedness*
3. *Crafting an ideal future (this section will be created based on your unique needs and goals)*

Assessments 2 and 3 are completed at later sessions depending on your specific goals and how many sessions you book with Lu. Initial sessions cover assessment one, the intake assessment.

**Let’s start with background information:**

What is your primary goal for mentoring? There is no wrong answer. I want to be a blessing in your life. What areas of your life need my attention most?

Where do you live?

Where is home? *This may not be where you live.*

How old are you?

Do you have children?

Are you married?

Are you divorced? Separated? Widowed?

Do you have a romantic partner?

If not, do you *want* to be in a romantic relationship?

**Let’s go deeper:**

1. What is your religious background? Do you attend church? What is your relationship with God?
2. Describe your childhood in 3 words:
3. What was the atmosphere like in your childhood home(s)? Turbulent? Violent? Peaceful? Nurturing? What was your experience of marriage in your childhood? Were your parents married?
4. Do you have a career or vocation? Is your career a priority? What does it provide for you?
5. Describe your education. Is education important to you? Do you have educational goals?
6. If you could change one thing about yourself, what would it be?
7. When in your life were you most confident? When in your life were you least confident?
8. What are the top 3 roadblocks to your happiness? *You can’t use yourself.*
9. What are your core values? Reflect on this. I am not asking what you are *supposed* to hold as a core value, what are your *lived* core values?
10. Are you taking care of yourself physically? How?
11. Are you taking care of yourself emotionally/mentally? How?
12. Are you taking care of yourself spiritually? How?
13. What areas of life give you the most stress and anxiety?
14. What makes a place feel like home to you?
15. Are you comfortable holding boundaries with others? What boundaries do you have crossed by others most often? Does anyone in your life routinely disregard your boundaries? Explain.
16. Who or what in your life has the most influence on you?
17. To what degree do you control the course of your life? Do you take responsibility for the outcomes you have achieved? If not, why not?
18. What does a successful life look like? What will you need to have achieved in your lifetime to reach the end of life without a sense of regret? This is important. Give it thought.
19. What in your life do you need to start saying NO to?
20. What in your life do you need to start saying YES to?

**You’re almost done. Rate the following areas of life from 0 (not at all satisfied) to 10 (extremely satisfied).**

Your self-esteem:

Relationships (romantic):

Relationships (family):

Relationships (friends):

Money:

Career:

Fun:

Spiritual life:

Please complete this worksheet before you initial mentoring session and return it to lu@matriarchmentoring.com so I can review it and be prepared to use our time together well. I value your time. I look forward to our session together. Please remember I will hold these answers in strict confidentiality. If an NDA is needed to provide mentoring, we can send this paperwork electronically. Please reach out to lu@matricarchmentoring.com for more information. *By signing up for mentoring you acknowledge that my services are not clinical mental health counseling. It is beyond the scope of my services to diagnose or treat any medical or mental health conditions. The definition of mentoring is when someone shares their knowledge, skills, and experience with another person to help them to progress. It is not clinical mental health treatment.*

**Section 2: Romance Review**

This may be a painful section for some to contemplate and answer. Please know that I am not going to judge you and/or your past. My goal is not to shame you into making better choices. These questions are not meant to cause you pain. My goal is to move you forward toward a life that feels like home to you.

With that in mind,

What is your goal for this romance review? What do you hope to gain from mentoring?

Have you ever been in love?

Are you in love now? This could be someone you aren’t “supposed” to love. Be honest. Are you still in love with a previous partner? Are you secretly in love with someone who you fear doesn’t love you? *Are you in love?*

If you are searching for a romantic relationship, tell me where you have looked. Have you had any success? Failures? Describe.

Are you using any services to find a partner? Apps? Matchmaking? Websites?

Describe your ideal partner. Introduce them to me. Be honest.

 What is most attractive about your ideal partner?

 What values do you share?

 What does your ideal partner like about you?

 How is your ideal partner most unlike the partners you’ve had in the past?

What do you think your ideal partner will need to accept about you? What are *your* red flags?

What are your non-negotiables in a partner? (NOT preferences.) Be specific.

Are you willing to relocate for love? Where? If not, why not?

If you met your ideal partner tomorrow, how would you like the relationship to progress? Be honest. Do you want to elope and be married within one month? Do you want to have a long courtship and be married in front of 350 of your closest friends and family?

Does your ideal partner want children? Have children? Are children a dealbreaker?

What communication style do you like in a romantic relationship? Frequent communication? Space? Closeness? Texting?

What hobbies would you like to share with your ideal partner?

What does a good marriage look like on the 20th anniversary?

What red flags you have ignored in previous relationships? Why did you ignore the red flag?

Do you have healthy boundaries? Do you struggle with enforcing healthy boundaries?

How does a man show you interest in a way that feels good to you? Do you want a man to pursue you? How?

Are you afraid of “ending up alone”? If so, how does that fear show up in your life?

Tell me about your best date ever. What made it the best date?

Has a man ever wounded you? Where does that wound show up in your romantic life? What work have you done to heal that wound? Are you ready to talk about it? There is no judgement here.

Are your parents, family, friends, or church involved in your search for a partner? If not, why not? If so, how are they supporting you?

**Section 3: Crafting your ideal future.**

**This section is unique and individual to all mentees and will depend entirely on the work done in session 1 and 2.**

**I will send you the homework one week before your third session. If you need more time, please tell me. My role is one of encouragement. I will suggest reading that I think could be beneficial. The work you choose to do is up to you.**

**All the best,**

**Mrs. Lu Holder**