Set 7:

1. What 2-3 professional goals do you want to accomplish before the end of the year?

2. What firewalls do you have to prevent work from consuming your personal life?

3. What do you do to preserve your personal wellbeing?

4. Think about a mentor who made a powerful impact on your life. What qualities of their mentorship do you appreciate most?

5. How do you keep your focus on the things that matter day to day despite all the distractions?