

6 Ways to Stay in the Growth Zone

Embrace Productive Discomfort



- Growth often starts with challenge. If your mentor pushes you, it's because they see more in you.

Set Stretch Goals with Your Mentor



- Go beyond what is comfortable. Define goals that require new thinking, skills, or behaviors.

Ask for Challenge, NOT Just Support



- Don't settle for agreement. Invite your mentor to push you with hard truths and high expectations.

Deconstruct Failure



- Treat mistakes as feedback, not failure. Reflect with your mentor on what went wrong and how to improve.

Check In Regularly



- What felt like a stretch before may become routine. Reevaluate goals and feedback loops to stay in the growth zone.

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