
WEEK THREE

Welcome to the third week of Mentor Her program. Last week, was all about finding goal for your Mentee to achieve on a long term basis, how to break this big goal down into smaller steps and take it one step at a time. This week is about finding the right inspiration to keep your Mentee to focused and motivated to achieve her dream goal while she's taking her small steps. We cover some ways she could set up a mood board, find inspiration and find a place to put her mood board so it serves as a daily reminder.

WEEK THREE MANUAL INCLUDES:

- Finding photos and images of her dream goal, how it looks like and feels including the smaller details. Like, if she is dreaming about a house, what does that house look like inside, what kind of design will it be and what will be her favourite parts.
- Considering inspirational stories she may have come across that can keep her motivated by comparing her journey to someone else's, usually a celebrity or someone to look up to in the day to day.
- Considering, what her life will be like if she achieved all her biggest dreams like where she will live, who will she spend her time with and what her schedule will be like on a day-to-day basis.

QUESTIONS YOU CAN ASK HER:

- Are you going to create a new mood board to inspire you to achieve the goal that you set for yourself last week?
- How will you compile this mood board? Will you print it out or have it on your laptop/phone? Is it somewhere that you can see it every day?
- What will be included in your mood board? What images inspire you to achieve your goal?
- Do you have images that can serve as a reminder of the smaller steps that are part of your bigger dream goal? Where can you include them?
- What high profile people inspire you to achieve this goal?
- What are your favourite quotes that you could include in your mood board?