
WEEK FOUR

Welcome to the fourth week of Mentor Her program. Last week, was all about finding out your Mentee's inspiration and motivation to move forward. This week we're covering ways that she can manage her personal life so that we can move onto the next module, on Week Five, covering how she can achieve professional success. All of this, eventually comes down to the fact that we want to help your Mentee reach those dream goals that she dreams of and planned out in Week Two.

WEEK FOUR MANUAL INCLUDES:

Three steps to help your Mentee manage her daily routines and personal life. They cover:

1. Coming up with small rituals that she can fit in when she has small pockets of time throughout the day. This can come about when the kettle is boiling, when she's waiting for a shower or picking up the kids from school. We want to change her negative or wandering thoughts into positive actions of practicing mindfulness, gratefulness, goal setting and more.
2. Instead of putting a large amount of pressure on the week ahead to get all the things done that need to be done, we look at assigning days a certain theme in the week. This way, we believe she can manage her week more effectively by making Monday a day for planning, Tuesday a day for Lifestyle, Wednesday a day for checking in, Thursday as a "You Day", Friday for realigning her values, Saturday for side-hustling and Sunday for relaxing.
3. Changing her negative habits to make positive ones could be instrumental in getting her ready for the week and producing better outcomes on a day by day basis. By changing bad habits like scrolling on her phone for too long, she could read an article- instead of staying in bed, we recommend getting up and doing some stretches.

All of this is to help her manage her personal life and develop a more positive outlook so that she can ascertain her long term goals.

QUESTIONS YOU CAN ASK HER:

- What aspects of your day do you find yourself having a few pockets of time? Could you insert a positive thought into these moments to make your day go smoother?
- What do you think of giving every day of the week a certain theme to get things done? What kind of themes could you give to everyday in order to have a more positive week and not get too overwhelmed?
- Are there negative things that you do on a daily basis that don't change your week in a positive way? Can you replace them in some way in order to improve your personal life?