

MENTORS SESSION GUIDE

DAY 34

INTENTION

- To Discuss Top Ten Lists for Passions, etc.
- To develop a scenario that activates all your passions, skills, etc.

CHECK-IN

Please check-in using PEMS.

[mentee and mentor check in]

INTRODUCTION

Today will be a little more light hearted than usual.

For the next few days we will be initiating a project that you and your parts can all work on together.

Something you want to create or move along to a successful completion.

This project could range from writing a book, to finding a new career, to becoming a better parent or building a tree house for your kids or grandkids. It could also be anything from your list of “Wants” that you would like to take action on.

Our intention is to work on bringing something that you imagined into physical manifestation by working with both your Inner and Outer worlds. We also want to take positive action towards living in alignment with your mission.

Today, we don't need to decide on a specific project. What we want to do, is discuss your passions and strengths that could become activated and used to complete this project while enriching your life with activities you enjoy and are good at.

So we will be going over your Top Ten lists and you can share more about the items that you are particularly interested in pursuing. I will be mostly doing active listening and once in a while adding suggestions based on what I've learned about you during this program.

Any questions?

TOP TEN LISTS

OK. I invite you to start out with your list of passions and share what you like about any or all of them.

[mentee speaks, mentor uses active listening with some suggestions]

Thank you. Please continue with any highlights from the other lists.

Your Top Ten:

- Talents
- Skills
- Wants

PROJECT AND LIFE SCENARIOS

Now, what kind of life or Project scenarios could you imagine where you would be able to make use of your skills and talents and create something in alignment with your mission that would involve enjoying a number of your passions.

[mentee speaks]

Now, I invite you to close your eyes and take a deep breath.

Allow whatever wants to come up now.

It could be an image of one of these scenarios, it could be comments from your parts or any number of things.

Please share anything that feels important to you.

CLOSURE & RETURN

When complete, allow yourself to slowly come back to this time and place.

Is there anything else you need to feel complete for today?

How was that for you?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION