## The Transformative Power of a Mentor

## **EXERCISES**:

- 1) What have you ever done in a way that can be considered "excellent"?
- 2) What can you see yourself doing in an "excellent" way, or at the very least, what "excellence" would you be willing to pursue?
- 3) What "negativity" do you have in your life right now that may be holding you back or influencing you?
- 4) What "negativity" can you eliminate from your work or home environment?
- 5) Define the "price" you are willing to pay to doggedly pursue excellence...
- 6) For how long are you willing to pay that price?
- 7) What reward do you see yourself receiving if you adopt the pursuit of excellence as your way of being?
- 8) If you choose to, make a declaration about how you intend to pursue excellence from this point forward.