

The Transformative Power of a Mentor

## EXERCISES:

- 1) What do you have a passion for?
- 2) What have you had a passion for in the past that seems to have faded?
- 3) What might you develop a passion for if you gave yourself permission to do so?
- 4) What could you do right now to take one single step in the direction of your passion?
- 5) Write down an instance that you recall where you acted out of integrity.
- 6) Describe the feeling at that moment.
- 7) Write down an instance that you recall where you could have acted out of integrity and chose not to.
- 8) Describe the feeling at that moment.
- 9) Write out a declaration to yourself of how you intend to act from this point forward, one that includes both elements, passion and integrity.