



## HOW TO TAP INTO YOUR INNER MENTOR

### REVISIT

Spend time revisiting your mentor through visualization before you get out of bed in the morning and before you go to bed at night.

### RESPOND

Access your inner mentor before an important interaction, project, or test.

### REMODEL

Do something they would do: Buy a piece of clothing they would wear, wear your hair how they would wear it, read a book they would read, and so on.

### ROLE PLAY

Try them on in everyday situations: Act like them at the grocery store, out to dinner, or at the park; wherever your day takes you.