

“There is a voice that doesn’t use words. Listen.” - Rumi

5) How can they help you live your life on purpose?

6) What is their true name?

7) How can you connect easily with their wisdom?

8) What parting gift did they provide you?

If you have an experience that does not provide many clues to your inner mentor as a guide, it can be worthwhile to repeat this exercise at a different time and place after taking a few steps to relax. Take time for a walk, meditation, tea, or anything else that may help to unwind your mind.

If you repeat this exercise and still feel ‘stuck’ or the answers seem vague, it may be valuable to connect to your inner mentor in another way, as outlined in the blog – such as through a piece of art or journaling directly to ask a few questions about how they may help.

I hope you enjoy walking through this exercise to connect at a deeper level with your inner mentor, and as always, feel free to reach out and share how it went!

Cheers,
Stephanie