

Playing Big with Tara Mohr

Ten Ways to Grow into Your Inner Mentor

1. **Sometime today, ask yourself, "What would my inner mentor do in this situation? What would she say?"** Check in with her and see what the answer is. Do or say that.
2. **Make some art about your inner mentor or her home.** A collage, a drawing, a painting, or some photographs that evoke her – whatever your medium of choice may be.
3. **Block off a window during the week to spend as she would spend it.** For example, you might reserve a couple of hours on a Sunday evening to spend as she spends her Sunday evenings.
4. **Think about what your inner mentor eats for breakfast, lunch, or dinner,** and prepare that meal for yourself.
5. **Choose a day this week to dress like your inner mentor.** Wear what she would wear. See how it impacts your day and how it alters the way you see yourself.

6. **When you are sitting down to write an email, ask yourself, "What would she say in this email?"** Write *that* message!
7. **Make one change to your home or office environment to make it better reflect her taste and style.**
8. **Bring to mind an important relationship in your life – personal or professional.** How would she relate to that person? What would she say? Act as she would.
9. **Identify a difficult situation or dilemma in your life and check in internally: How would your inner mentor see it?** See how that shifts your perspective. If it helps, imagine walking over to her and standing side by side with her – seeing things from her vantage point, literally. How does the situation look from there?
10. **Before you go into a situation, imagine you are stepping into your inner mentor's shoes, becoming her.** See what she does, what she says, how she approaches it.

For more, visit taramohr.com or see the book, *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead* (Penguin Random House).