

SESSION 4

YOUR INNER MENTOR AND LEADER



PINK COAT, MD

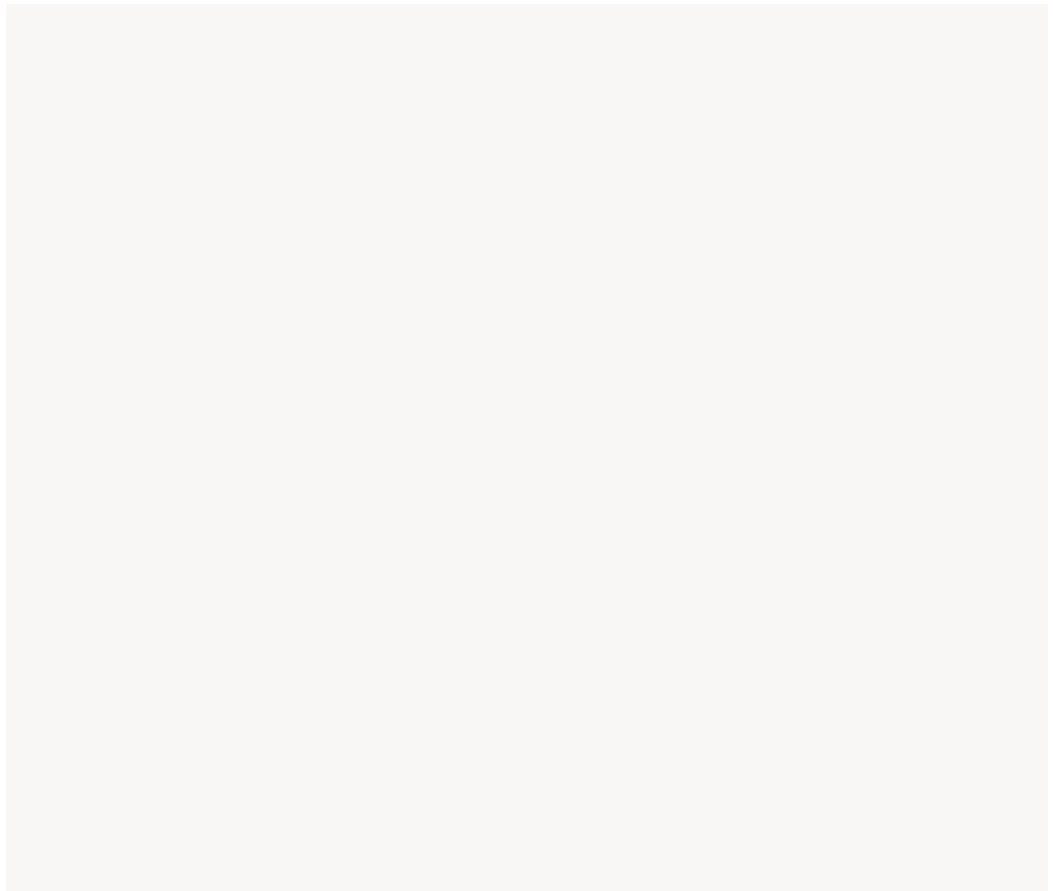
Your Inner Mentor & Leader

Inside each of us is a Mentor and Leader who is the voice of inner wisdom. She is always within us, guiding us with both strength and tender loving care, toward our truest selves.

Reflect on the Inner Mentor/Leader visualization we just did together from *Playing Big*, by Tara Mohr and answer the questions below.

Your Inner Mentor & Leader

What did you experience during the visualization? (images, feelings, insights, thoughts?)

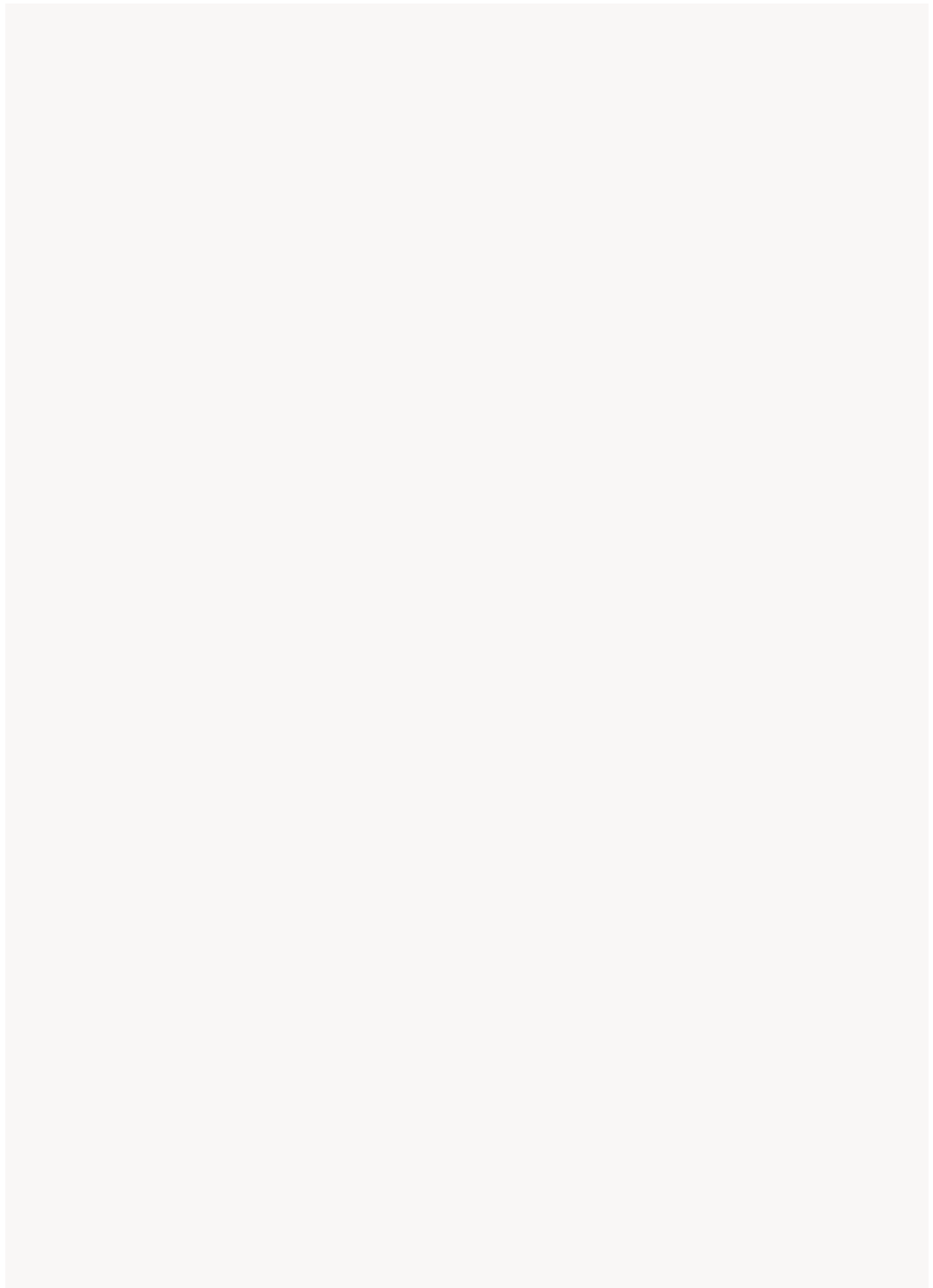


YOUR INNER MENTOR & LEADER

Your Inner Mentor & Leader

What did you experience during the visualization? (images, feelings, insights, thoughts?)

Continue in the space below.



Your Inner Mentor & Leader

Answers to the specific questions you asked during the visualization:

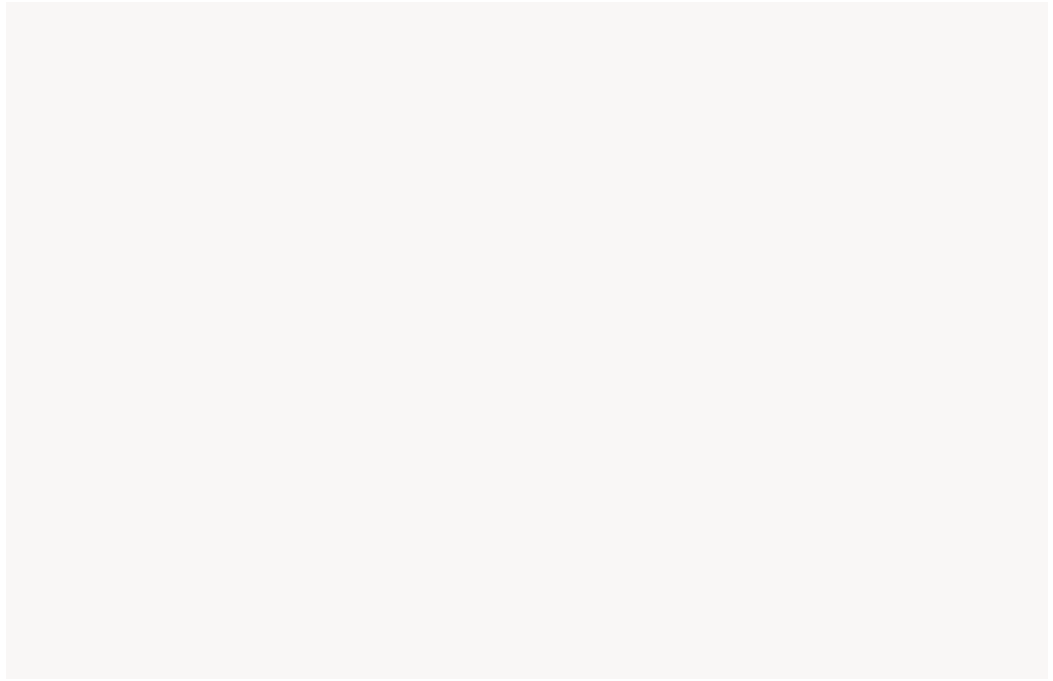
What has been most important about the past twenty years?

What do I need to know to get from where I am to where you are?

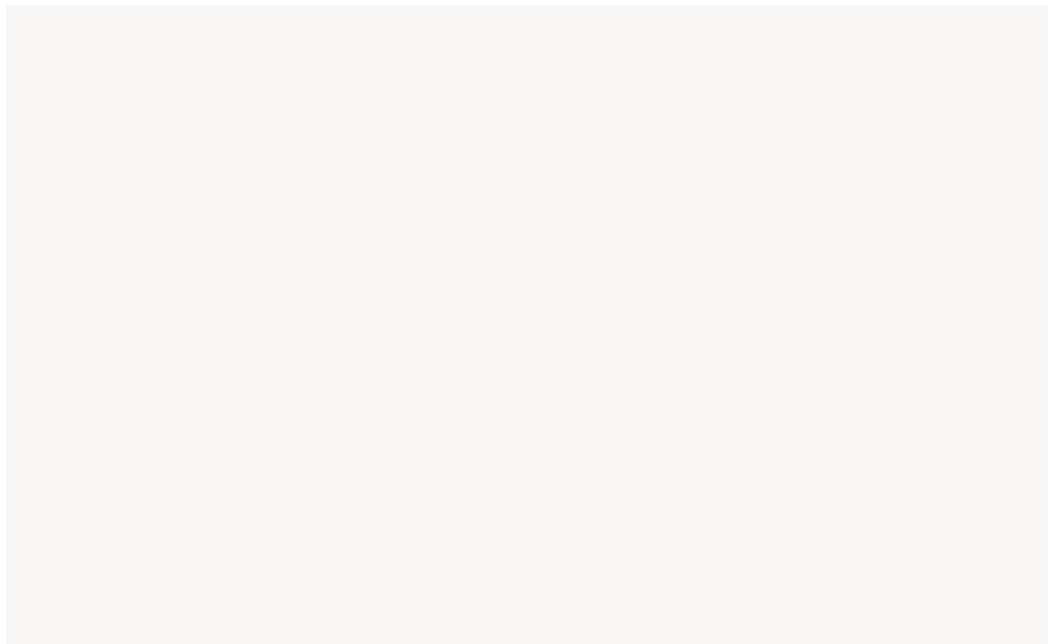
Your Inner Mentor & Leader

Answers to the specific questions you asked during the visualization:

How can I sing my true song?



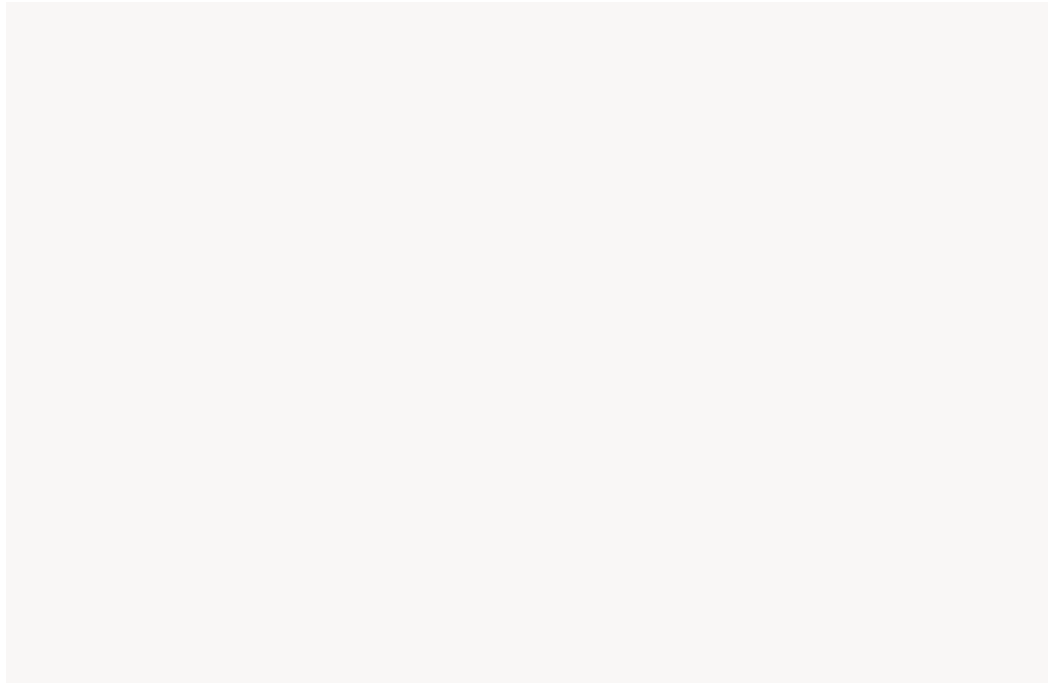
Any other question you wanted to ask:



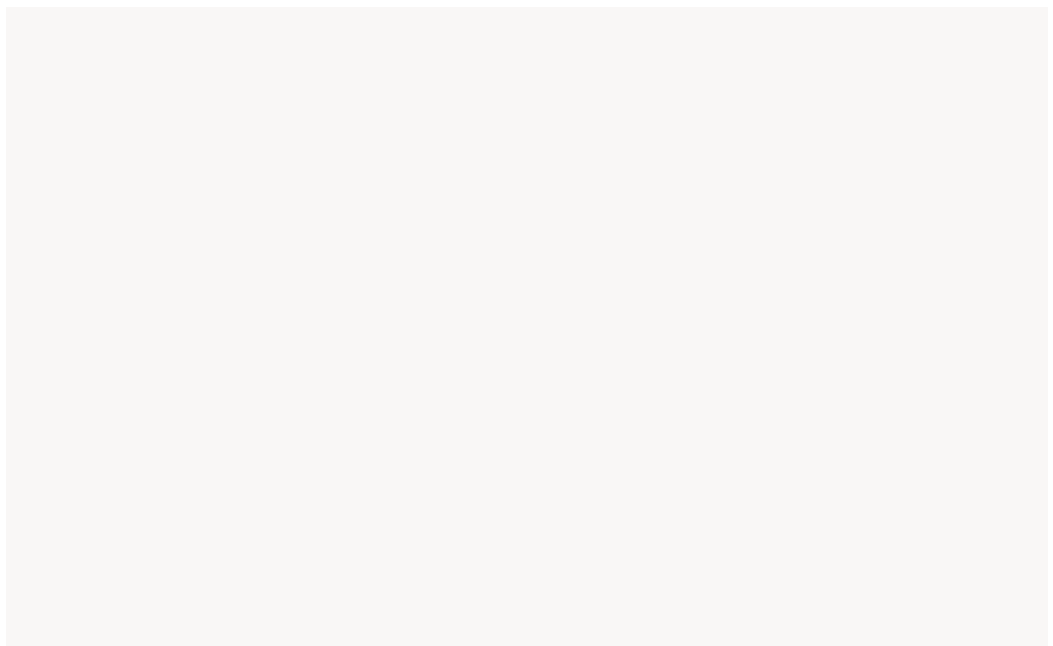
Your Inner Mentor & Leader

Answers to the specific questions you asked during the visualization:

What was your Inner Mentor & Leader's name?
A name for her essence.



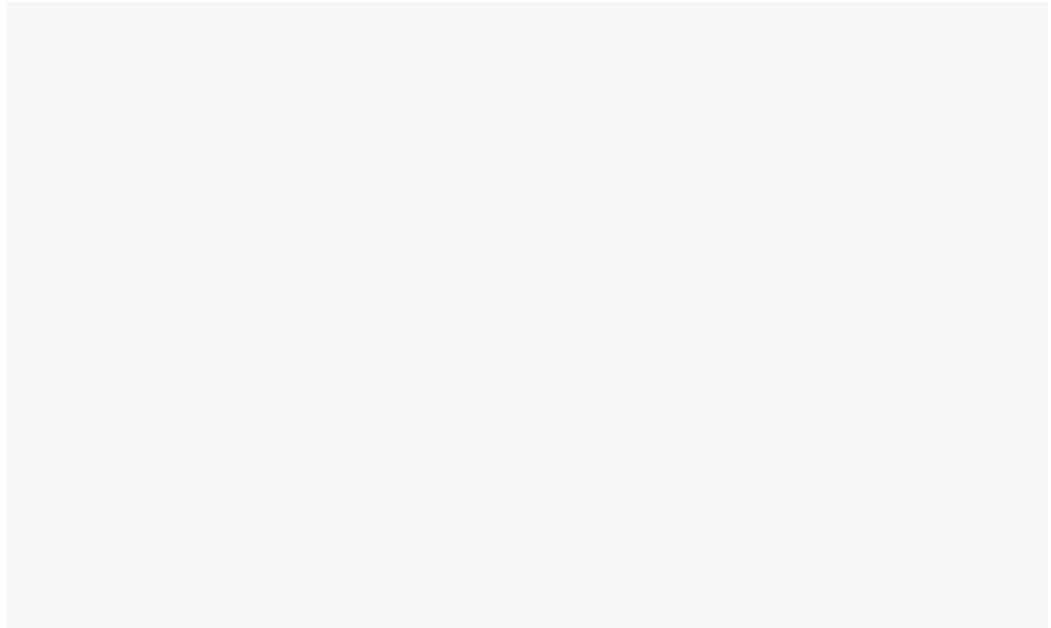
What was her parting gift to you?



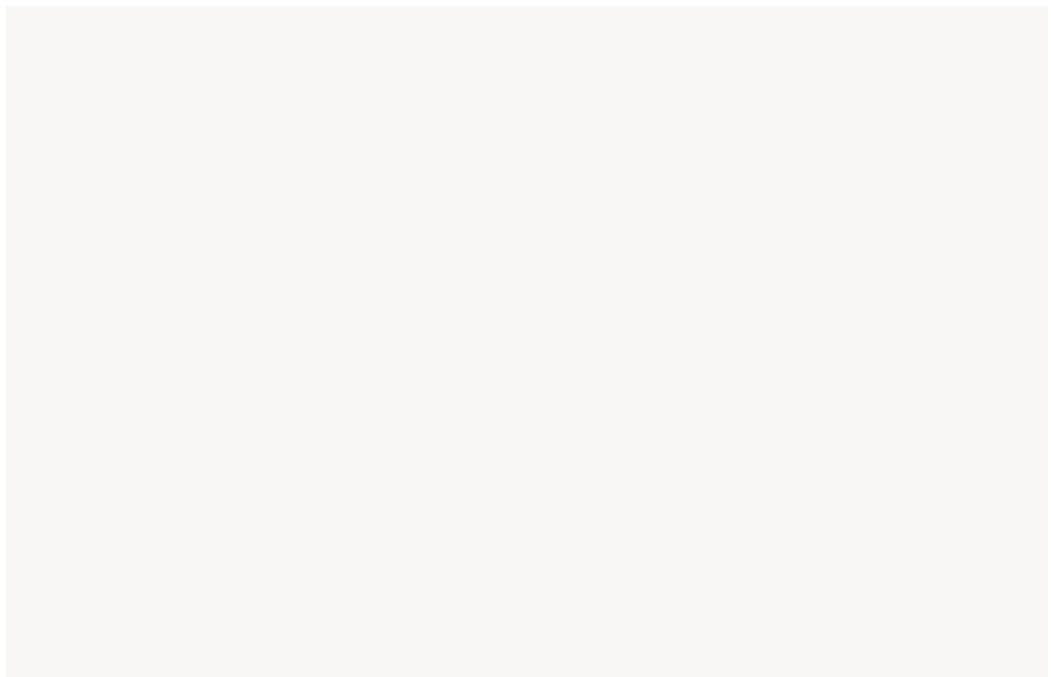
Your Inner Mentor & Leader

Checking in with Your Inner Mentor & Leader

What is a dilemma or challenging situation you find yourself in?



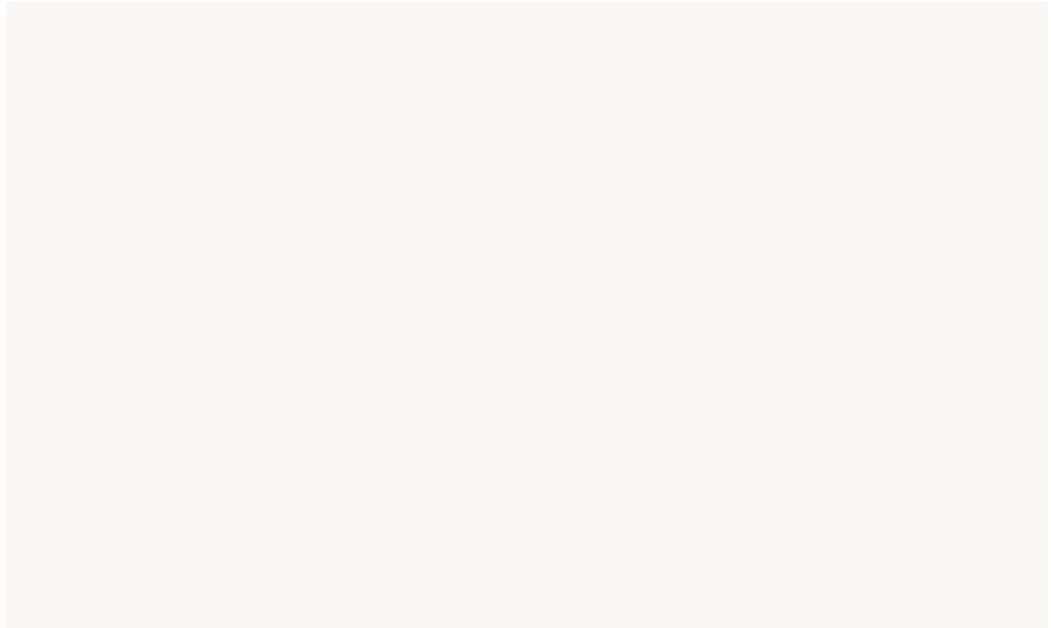
What does your inner critic have to say about it?



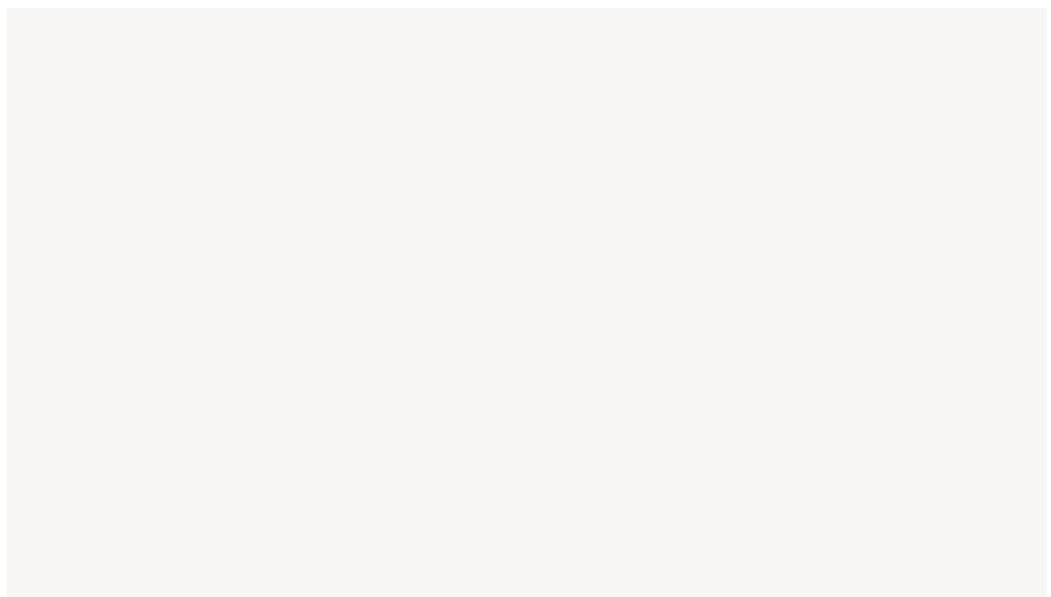
Your Inner Mentor & Leader

Checking in with Your Inner Mentor & Leader

What are some of your inner critic's protective motivations here?



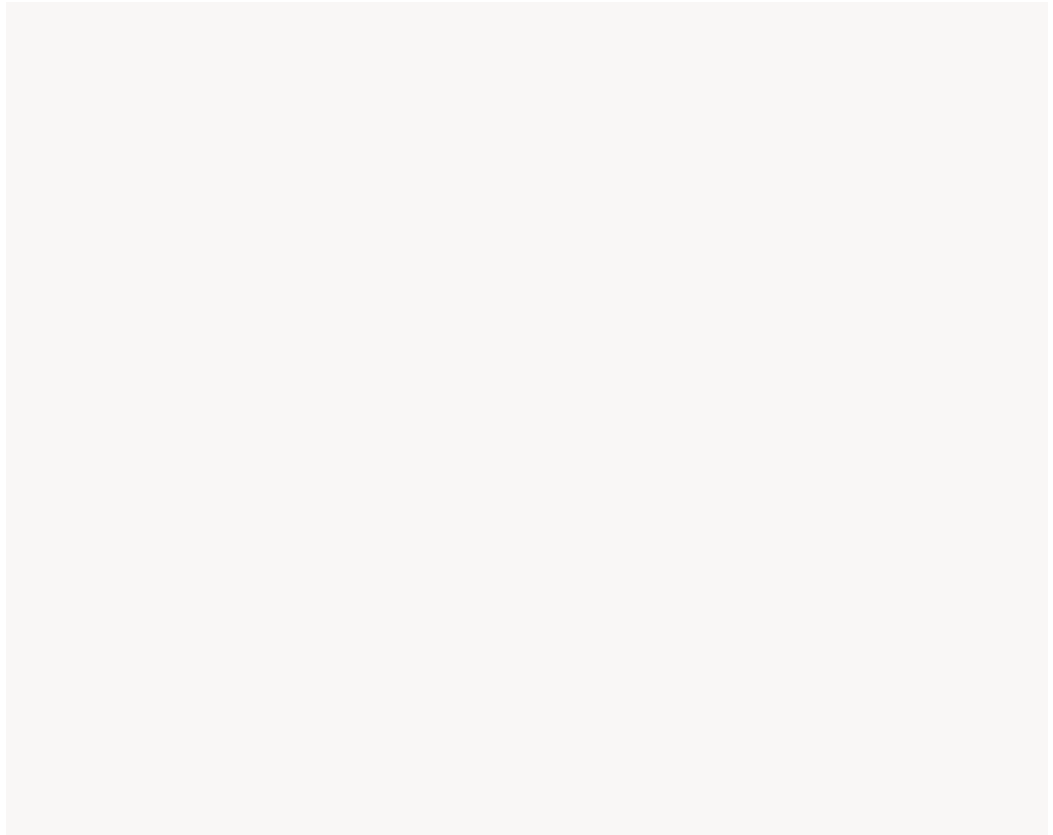
How would your inner mentor approach this situation if she were going through it? What would she do?



YOUR INNER MENTOR & LEADER

Your Inner Mentor & Leader

Continue in the space below.



Is there anything else she wants you to remember or know right now?

