

## THE MENTOR PATTERN (DRAFT 10/06/15)

You've made great progress in your self-reliance group. With the help of others, you can continue to accomplish goals and develop habits that will bless you spiritually and temporally. Heavenly Father places people in our lives who care about us and can strengthen us. We call these individuals mentors. Mentors encourage us to take action so our lives will be better. They help us see ourselves as God sees us.

### THE POWER OF PONDERING

"Heavenly Father and Jesus Christ know you best and love you most." – Elder Ballard. They speak to us through the Holy Ghost.

"The Holy Ghost really does give customized counsel. He is a completely honest companion and will tell us things that no one else knows or has the courage to say...The Holy Ghost doesn't tell us to improve everything at once. If he did, we would become discouraged and give up. The Spirit works with us at our own speed. One step at a time." – Elder Larry R. Lawrence

### CHANGE YOUR LIFE WITH THREE STEPS

**Step 1:** Decide on short-term goals.

**Ponder:** "What is keeping me from progressing?"

"A perfect time to ask "What lack I yet?" is when we take the sacrament. The apostle Paul taught that this is a time for each of us to examine ourselves. In this reverent atmosphere, as our thoughts are turned heavenward, the Lord can gently tell us what we need to work on next." - Elder Larry R. Lawrence

These impressions become your goals. Goals are most effective when they excite, challenge and motivate us. As you create goals, be specific in what you want to achieve and by when. Share this goal with your mentor.

**Step 2:** Write down specific action steps you'll do each week.

Goals are often achieved little by little as you consistently work toward them every week. Talk with your mentor about what you can do that week to help you accomplish your goal. Discuss your challenges and successes, and change your weekly action steps if needed. Trust in the Lord to help you know what to do each week, and use your mentor as a sounding board to help you think through any issues.

**Step 3:** Report your progress regularly to your mentor.

Goals are best achieved when they are written down and reported. Depending on the action steps you chose, you may need to check-in more often with your mentor than once each week. Some days you will be more successful than others; be patient with yourself and allow for mistakes.

### GOAL PROGRESS MEETING AGENDA (Meet together weekly for 20 minutes)

- Begin and close the conversation with a prayer. Ask for the Holy Ghost to help you.
- **Report.** Discuss the following questions together:
  - How well did I do my action steps last week?
  - Am I closer to accomplishing my goal?
- **Discuss.** What action steps can I do this week to progress towards accomplishing my goal? What obstacles could you face this week and how you will deal with them? What can you do to stay motivated? In some cases, you may be inspired to reach out to experts for more knowledge that week. If you are happy with your progress, you can continue doing last week's action steps or create new ones.
- **Commit.** Write down (1) your action steps for the coming week and (2) a plan for how you will report to your mentor during the week (in person, text, call, email, etc). You can use the sample commitment chart on page 3.

## WHO SHOULD BE MY MENTOR?

The best mentors are people we trust and respect. Your mentor does not have to be an expert.

**Ponder:** “Who do I know that will inspire and hold me accountable to change?”

"In my adult years, I sought counsel from my parents and from faithful, trusted advisors. One was a priesthood leader, another was a teacher who believed in me. All said to me, 'If you want my counsel, be prepared to take it.' I have understood what that means. Prayerfully select mentors who have your spiritual well-being at heart. Be careful about taking advice from your peers. If you want more than you now have, reach up, not across. Remember, no one can reach upward for you. Only your faith and prayers will cause you to lift yourself and have the mighty change of heart. Only your resolve to be obedient can change your life. Because of the Savior's atoning sacrifice for you, the power is in you." – Elder Robert D. Hales.

Is there someone you know who has a similar goal or challenge you could work with? Your mentor could also come from your self-reliance group, family, friends or ward. It could be someone who has overcome a similar struggle and you'd like to learn how they did it. If your mentor is not a close family member, it should be a person of the same gender as you.

Once you've identified someone, invite them to be your mentor. You could ask, *"I'm trying to make a change in my life. Would you be willing to help me?"* If they agree, share your goal and review this guide with them.

## INSTRUCTIONS FOR THE MENTOR

Change is hard. You can help your friend make changes in their life that will bring them closer to God. During your conversations, you should rely on three guiding principles.

**LOVE** your friend and remind them of their dreams and unlimited potential as a child of God. Show them you are genuinely interested in helping them accomplish their goal.

**ASK** questions that will help your friend better understand their challenges and find their own solutions. You'll need to listen carefully and resist the urge to tell them what they should do. Instead, you could ask "What do think you need to do?" Everyone should use their God-given intellect, talents and the Holy Ghost to progress.

**ENCOURAGE** them to exercise faith and keep working, even when progress is slow and difficult. Accountability is critical for their success. Be available for them to report their progress to you regularly.

## AM I BEING A GOOD MENTOR?

After each weekly conversation, ask yourself these questions:

- Did my friend feel God's love for them through my words and actions?
- Did I invite my friend to seek God's input?
- How much time did I spend listening rather than speaking during our conversation?
- Did my friend make specific, measurable action steps for the upcoming week?
- Did I resist the urge to "correct" my friend, even if I disagreed with their plans?
- Do they have a clear plan to report their progress to me?
- At times, everyone will fall short of keeping their commitments. Do I allow for failure so my friend can learn from their own experience?

### JESUS, THE PERFECT MENTOR

Jesus patiently mentored Peter and helped him become the leader that Christ could trust to lead His Church (Matthew 16:18-19). Christ mentored Peter by loving him and seeing his potential, by asking him questions that challenged him to see and think differently (Matthew 17: 14-21), and by inviting him to make and keep commitments that would strengthen and shape him (John 21:15-17).

- Do I keep our conversations private?

**COMMITMENT CHART** (Sample)

Draw a similar chart as the one below, fill it out and hang it on a mirror or place you can see it often.

My Goal	My Weekly Action Steps	Track My Daily Progress <i>(Check your performance each day)</i>	My Reporting Plan <i>(Who? When? How?)</i>	What did I learn about myself?														
Study scriptures for 30 minutes each day	Week 1: I will wake up at 6:00 a.m. every day and read scriptures in the kitchen before breakfast	<table border="1"> <tr> <td>M</td> <td>T</td> <td>W</td> <td>TH</td> <td>F</td> <td>SA</td> <td>SU</td> </tr> <tr> <td>X</td> <td>X</td> <td>0</td> <td>X</td> <td>0</td> <td>X</td> <td>X</td> </tr> </table>	M	T	W	TH	F	SA	SU	X	X	0	X	0	X	X	I will text Maria every morning by 8 a.m. to let her know if I read that day.	My day goes better when I read the scriptures each morning.
M	T	W	TH	F	SA	SU												
X	X	0	X	0	X	X												
To find a job that meets my financial needs	Week 1: I will contact ten people each day.	<table border="1"> <tr> <td>M</td> <td>T</td> <td>W</td> <td>TH</td> <td>F</td> <td>SA</td> <td>SU</td> </tr> <tr> <td>X</td> <td>X</td> <td>X</td> <td>X</td> <td>0</td> <td>0</td> <td>0</td> </tr> </table>	M	T	W	TH	F	SA	SU	X	X	X	X	0	0	0	I will call Edward every night by 8 p.m.	I'm learning courage talking to people I've never met.
M	T	W	TH	F	SA	SU												
X	X	X	X	0	0	0												

*“Plead that the Spirit will show you what the Lord wants you to do. Plan to do it. Promise Him to obey. Act with determination until you have done what He asked. And then pray...to know what you might do next.” - President Henry B. Eyring, “Act in All Diligence”, April 2010*

**OUR AGREEMENT**

I will keep my appointments and regularly report my progress to my mentor. I will keep trying, even when I stumble, to exercise faith in God and myself.

\_\_\_\_\_  
My Signature

\_\_\_\_\_  
Date

I will encourage my friend to solve their own problems and keep their commitments, even when times get difficult.

\_\_\_\_\_  
Mentor Signature

\_\_\_\_\_  
Date

I have read the Instructions for the Mentor section on page 2.

When and where will we hold our weekly goal progress meetings? \_\_\_\_\_