

Depending on the help you need, mentors can assist you in different ways. You may need a mentor with a lot of experience to answer your questions and give advice. Other mentors, like action partners, are available and willing to spend more time encouraging you to develop plans and hold you accountable to progress.

Once you've prayed about and identified someone who can help you, 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?" Tell them your goals and how you feel they could help you.

HOW DO I WORK WITH A MENTOR?

Your only interaction with some mentors will be to ask them specific questions. For example, "How did you increase sales for your business?" Other mentors will spend more time with us, and are interested in your goals, plans and progress. A successful relationship depends on you contacting the mentor and keeping your promises. Listen to a mentor's counsel and later pray to know how you should apply it to your life. Always thank mentors for helping you.

TAKING ACTION:

1. ASK God what He would have you do next
2. IDENTIFY someone who has done what you want to do or who will encourage you
3. COUNSEL with your mentor about how to do what you want to do
4. COMMIT to do things that will help you achieve your goals
5. REPORT your progress regularly to your mentor

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Self-Reliance Services
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5

SECONDS COULD

CHANGE

YOUR

LIFE.

FIND A MENTOR

Although he had won many races, Kyle Perry had not been able to reach his goal of running 1,600 meters (one mile) in under four minutes—something that only the best runners in the world have done. Kyle's best time so far was four minutes and five seconds. To reach his goal, he approached his coach, Ed Eyestone, with a proposal. "Coach", Kyle said, "I feel like I'm stuck and I'm not getting any faster." "Well," Coach Eyestone asked, "what are we going to do about it?" Kyle said, "I don't think there is one single thing I can do to cut off five seconds, but I do think there are 10 things I can do that can each cut off a half second." He pulled out a paper that listed the 10 extra things he could do—like getting more sleep and eating healthier—in order to break four minutes at an upcoming race. Kyle and Coach Eyestone both signed the bottom of the paper. They posted a copy in the coach's office and in Kyle's locker.

Kyle met with Coach Eyestone often during the next three months to report his progress and receive wisdom. He prepared for the race by continuing to do big things, like running 80 miles a week, but also by doing his 10 small things. On the day of the race, Kyle was able to run 1,600 meters in three minutes and 59 seconds.

("Following Worthy Mentors", Ed Eyestone, September 29, 2015, BYU Speeches)

PONDER:

- Is there something difficult in your life you want to change or accomplish?
- What small things could you do to help you reach your goal?
- Do you know someone like Coach Eyestone who could help you?

THIS IS MY BEGINNING

You've established new habits and made great progress in your self-reliance group. President Joseph Fielding Smith taught, "It is our duty to be better today than we were yesterday, and better tomorrow than we are today." The purpose of this life is to learn and improve until we gradually become perfected in Christ (Matthew 5:48, Alma 34:32).

WHAT IS HOLDING ME BACK?

All of us have something in our lives we need to change or improve. While saying your prayers, humbly ask Heavenly Father, "What is keeping me from progressing?" Ask yourself this question as you take the sacrament. The Holy Ghost is our honest companion. He tells us spiritual and practical things we need to do to be better. These promptings should become our goals. They could even be small impressions like "Not doing school work on Sunday" or "Being more positive at work."

"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

WHO CAN HELP ME IMPROVE?

Heavenly Father places many people in our lives who care about us and who can strengthen us. Some of these individuals can act as mentors. Mentors can lift our vision, challenge our unhealthy thoughts and behaviors, and inspire us to become better than we could become on our own. They help us be accountable to our promptings and goals.

Elder Robert D. Hales taught, "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. Prayerfully select mentors who have your spiritual well-being at heart."