



Mentors Table

A tool used to think outside of our own limited thought patterns

1. Get recording device
2. Decide what problem you want advice on
Example: I want to live a healthier life
3. Turn it into a question
Example: What should I do to live a healthier life?
4. Choose 3 mentors (can be anyone-dead or alive)
5. Sit down in a comfortable safe spot
6. Start recording device
7. Close your eyes
8. Envision yourself in a meeting place (anywhere you want)
9. See the three mentors joining you
10. Ask each mentor the question you've come up with and say aloud what you hear them say
*Be patient, this is new and will probably feel strange, that is okay! Keep asking!
11. After question has been asked to all three mentors be grateful for the advice
12. Take 3 deep breaths and open your eyes
13. Listen to recording and see what gems of wisdom you were gifted with
14. Choose what action steps you will take