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PERSONAL DEVELOPMENT

Three Steps to Find Your Perfect Mentor

By Rong Rong

We all need a mentor who can help us navigate challenging job situations or guide us through complicated life events, but finding a great mentor is no easy job. I met *the* mentor using the tool in *Playing Big* by Tara Mohr.¹ *The* mentor is wise. Every time I knock on his door, he is right there and ready to give me actionable advice. He always has my best interests in mind and the easiest answer to some of my toughest questions.

In today's world, the internet has answers for almost everything, and we forget to slow down and listen to our own wisdom. Most of the time, when we choose to close our eyes, take a couple of deep breaths and quiet our mind, we will be pleasantly surprised by the insight we have. These can be big questions like "Do I take that new job?" or "Should I buy that house?"; or very specific questions like "What is the best approach to this new project?" or "How should I deliver this tough message to one of my team members?"

No one is able to answer those questions better than ourselves. The best mentor lives within us every day, so finding your best mentor takes only three easy steps:

1. Find a quiet place.
2. Close your eyes and imagine you are taking a long walk toward your future self's house.
3. Once you arrive, knock on the door to meet your future self (a.k.a. your best mentor) and ask your questions.

You can try out the "playing big" inner mentor guided meditation on Tara Mohr's website (<https://www.taramohr.com/book/inner-mentor-signup>). This helps you meet your mentor for the first time, and afterward you will find the process gets easier and easier.

I hope this short article reminds you to check in with yourself often and reach out to your inner mentor before you open the web browser. Please drop me a note if you find this idea interesting or want to share your first meet-up with your best mentor. ■



Rong Rong, FSA, CERA, MAAA, is a senior treaty underwriter at Swiss Re. She can be reached at rong_rong@swissre.com.

ENDNOTE

- 1 Mohr, T. 2015. *Playing Big*. New York: Penguin.

