

# 31 Days of Everyday Mentorship

Actions that create a profound impact in 30 minutes or less.

<b>Invest</b> <b>IN RELATIONSHIPS</b>	<b>Inspire</b> <b>NEW PERSPECTIVES</b>	<b>Ignite</b> <b>POSITIVE CHANGE</b>
Celebrate their big wins on social media.	Help them set stretch goals that challenge their comfort zone.	Provide timely constructive feedback for a specific skill, behavior, or activity.
Brainstorm solutions for a challenge they face.	Recommend a book, podcast, online course, or event.	Recommend them to lead a project or initiative.
Take them out for coffee to learn more about their goals and challenges.	Share one of your biggest failures so you aren't the only one learning from it.	Encourage contribution in meetings from those who are usually silent.
Advocate for them privately to help create new opportunities.	Ask an open-ended question, like "What skills do you want to improve?"	Challenge them to have a difficult conversation they have been putting off.
Ask about personal well-being to show you care about them as an individual.	Challenge their limiting beliefs and self-doubt.	Schedule brief check-in calls to address concerns, check progress, and offer support.
Recognize their successes with a meaningful note or gift.	Remind them how far they've come—and what can come next.	Empower them to take increased ownership of their work and its outcomes.
Connect them to someone in your network who can help them grow.	Encourage self-reflection to help them evaluate progress and identify areas for growth.	Challenge them to present in front of a group.
Endorse their skills or write a recommendation for them on LinkedIn.	Introduce two like-minded people to help facilitate peer learning.	Encourage them to attempt something new that makes them slightly uncomfortable.
Write a thank you message to someone who has positively influenced your life and career.	Share mistakes that you have made and how that experience relates to their journey.	Create accountability by putting benchmarks towards their goals in writing.
Acknowledge them for small steps of progress towards bigger goals.	Tell a story of someone who has overcome similar obstacles.	Model the behavior you want to see more of.

*BONUS TIP*

**Send a text telling someone that you believe in them.**