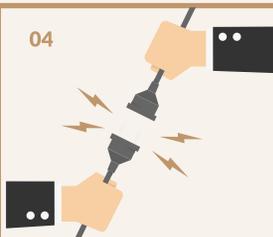
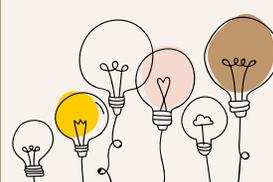




Mentorship At Work

Starting the day with a specific intention can help you conquer tough conversations, feel more connected to your co-workers, or simply give your morning a boost of positive energy. That's why we created monthly calendars dedicated to meaningful work. This month, we're focusing on mentorship: How can we all become better mentors and mentees, and how can we mentor ourselves through ongoing self-reflection?

MARCH 2023

S	M	T	W	T	F	S
			01 Identify one work goal this month. Find someone to hold you accountable.	02 We all have the capacity to mentor ourselves. Read up on " <u>self-coaching</u> ."	03 It's <u>Global Day of Unplugging</u> . How can you unplug today?	04 
05 	06 What's bothering you? Don't solve it on your own. Ask a friend or colleague for advice.	07 A <u>Meaning Circle®</u> is a small-group virtual experience for self-reflection about what matters to you at work. Register here for today's Circle at 5:30pm EST.	08 Happy <u>International Women's Day!</u> Read about <u>women's equality in the workplace</u> .	09 What successful person is your dream mentor? Watch talks they've given, research their work, and learn from their philosophy.	10 Find your a mentor in real life. Be bold and approach this person.	11 
12 	13 Ask someone older for coffee to chat about their career. You might get some ideas.	14 Don't accept all the advice you get.	15 Today's <u>Meaning Circle®</u> takes place at 12pm EST. Register here	16 What do you need most right now, someone to listen or someone to problem solve?	17 A good mentor is like a four-leaf clover: hard to find, lucky to have. Happy St. Patrick's Day!	18 
19 	20 On <u>International Day of Happiness</u> , what small act would bring joy to a colleague?	21 In <u>Master Class</u> , poet Kate Farrell recounts how a dream of a beloved artist helped her work out a creative block. Happy World Poetry Day!	22 Who might need an empathetic ear today? How can you practice your listening skills?	23 List three people you are, or could be, a mentor to. What can you teach them?	24 Today's <u>Meaning Circle®</u> is at 12pm EST. Register here!	25
26	27 Great insights might come from someone junior. Read up on "reverse mentorship."	28 Ask your friends to share the best advice they ever received.	29 List three great mentors in your life. What have they taught you?	30 What was the best advice you received about work? Reflect on how you've used it.	31 What's the most important thing you learned about yourself this month?	

If you've enjoyed these small exercises in self-reflection, why not take the journey further with a 1:1 session with MeaningSphere Guide? Guides are people from different walks of life who've had success in navigating the world of work. They've been trained to listen carefully to you and help you explore the big question: "*What is the meaning of my work to me?*" [Read more here.](#)