



Activity: Practicing Mindfulness and Gratitude

Building in time for mindfulness and gratitude will promote a culture of encouragement and growth. Expressions of gratitude contribute to feelings of inclusion as part of a team and motivation to finish projects. Recognizing the small wins along the way is just as important as celebrating the project when it is completed. Connect gratitude with areas of growth and when you see success, celebrate it.

Purpose: This activity will help you connect with each other, engage more deeply, and improve the quality of your work. Genuine and ongoing engagement with gratitude has a lasting impact on mentoring relationships.

Time: 5 minutes at the beginning or end of each mentoring meeting

Materials: Writing utensil (optional), notepad (optional)

Who: Mentor & Mentee

What:

1. Carve out a regular time, either in the beginning or end of each meeting to reflect and focus on gratitude.
2. Take a few minutes to write a note of appreciation or publically thank each other in meetings.

Tips:

- Resist the urge to multitask, rather focus on one item at a time.
- Even when things do not go as planned, acknowledge the effort. That will make a significant impact in moving the work forward.



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