

# Mentorship Starter Kit — 90-Day Covenant

Version 2025-10-13

Abraham of London

Actionable frameworks you can deploy this week.

# Frame the Relationship

- Purpose: growth in character, craft, and calling.
- Cadence: 3x per month (45-60 mins), one in-person if possible.
- Confidentiality: stories stay in the room; exceptions for safety.

# First 30 Days — Discovery

- Story map: origins, strengths, wounds, non-negotiables. - Assessment: 360° from 3 voices; pick 1 growth theme. - Plan: 3 habits, 1 project, 1 relationship to repair.

# Days 31-60 — Practice

- Weekly reps tied to the theme. Measure with a simple streak tracker.
- Shadow/Show: observe once; demonstrate once.
- Feedback: ‘facts → feelings → fixes’ format.

## Days 61-90 — Stretch

- Challenge: public commitment with a date.
- Teach-back: mentee teaches the principle to someone else.
- Review: decide to renew, redefine, or release.

# One-Page Covenant (Template)

We commit for 90 days to honesty, punctuality, preparation, and follow-through. Mentor responsibilities: presence, questions, introductions. Mentee responsibilities: agenda, notes, execution. Signed: \_\_\_\_ Date: \_\_\_\_