Mentorship Starter Kit — 90-Day Covenant

Version 2025-10-13

Abraham of London

Actionable frameworks you can deploy this week.

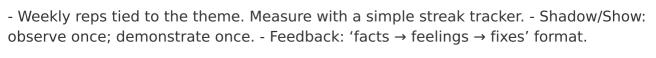
Frame the Relationship

- 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



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 (10	empiate)
We commit for 90 days to honesty, p	unctuality, preparation, and follow-through. Mentor
responsibilities: presence, questions,	introductions. Mentee responsibilities: agenda,
notes, execution. Signed:	Date: