

ABRAHAM OF LONDON

Mentorship Starter Kit — 90-Day Covenant

A simple, serious framework to make mentoring fruitful — not fuzzy.

Abraham of London — 21 Oct 2025



<PullLine subtle>Mentoring is intentional; not accidental. The Covenant frames the seriousness of the commitment.</PullLine>

Frame the Relationship

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

<Rule />

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.

<Rule />

Days 31–60 — Practice

- Weekly reps tied to the theme (streak tracker).
- **Shadow / Show:** observe once; demonstrate once.
- **Feedback:** *facts* → *feelings* → *fixes*.

<Rule />

Days 61–90 — Stretch

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

<Rule />

<h2>One-Page Covenant (Template)</h2> <p className="mb-6"> We commit for 90 days to honesty, punctuality, preparation, and follow-through. **Mentor:** presence, ARL — Mentorship Starter Kit — 90-Day Covenant

questions, introductions. **Mentee:** agenda, notes, execution. </p>