

How to Discern if You Are Hearing from Your Inner Mentor

Typically, when we've really connected with our inner mentors around a situation or question in our lives, we hear guidance that:

- Is simple and relatively succinct
- Feels loving
- Does not feel cerebral – feels connected to heart and body
- May contain or be communicated through visual elements
- May be surprising or baffling
- Will be emotionally moving

Clues that you haven't actually tapped into your inner mentor around a given question or situation:

- Complex or intricate guidance
- Your energy / mood feels the same as before you checked in with her
- Feels like still being “in your head”
- Nothing new
- You are trying to convince yourself of something

For more resources, visit taramohr.com or get the *Playing Big* book [here](#).