



# The MentoRing<sup>®</sup> on “Healthy Eating”

**Purpose:** To benefit from the Women of Visionary Influence’s MentoRing<sup>®</sup> process and to raise your self-awareness. Answer the following question(s) to raise your awareness of your own ability to focus on doing what is most important. You will then share your answer(s) with the women at your table, Sharing this information with others allows them to observe strengths and potential that you are unable to see in yourself. Sharing allows us to put into words our own views and challenges that we then handle better with encouragement and wisdom from others. This furthers the mentoring, leadership and educating process, which is the Spirit of WOVI.

**Instructions:** Record your responses. In the initial round, participants reveal their answers and speak for only 60 seconds. Use the MentoRing Notes area to make notes or comments about each response, if needed. In the second round, focus on one person at a time and provide positive comments and support. Continue until each participant has received observations from all group members. Speak only 60 seconds so that all have equal time to respond and to obtain feedback. Keep all comments encouraging, helpful, and supportive!

My eating would be healthier if I would...\_\_\_\_\_

What keeps me from healthy eating is....\_\_\_\_\_  
\_\_\_\_\_

-- PLEASE RESPECT THE TIME CONSTRAINTS --

## ABOUT ME: Observations and remarks to me from other members of the MentoRing.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## NOTES ABOUT OTHERS: Notes from what others share that help me give them encouraging feedback.

Name \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_