

17 Days of Mentoring Actions You Can Take To Honor Dr. Martin Luther King, Jr.

(Start on Dr. King’s actual birthday, Jan. 15th but if you miss, start anyway, you can still do 17 days)

Act Now! Do Good! Be the Difference!

Jan 15	Reflect upon Dr. King’s life and review the making of Dr. Martin Luther King Day (2:22) to help you understand the efforts put forth to make his birthday a national holiday.
Jan 16	Review the challenges facing our communities by viewing: These are the facts – (4:48) National Cares Mentoring Movement recruiting video.
Jan 17	Participate in International Mentoring Day see actions at the link and review The 6 Core Principles of Muhammad Ali.
Jan 18	Recite The Pledge to Rescue Our Young written by Maya Angelou and take an extra step to record it in your own voice, to affirm your commitment (see below).
Jan 19	Start a journal, blog or post on social media reflecting your thoughts and actions associated with mentoring, keep your focus on mentoring by maintaining this practice.
Jan 20	Contact a young person in your family let them know you are thinking of them, find out how they are doing, what their plans or challenges are and be totally present with them.
Jan 21	Participate in Thank Your Mentor Day
Jan 22	Reflect upon the top 3 positive characteristics that you observe in effective mentors and write them down and keep in front of you.
Jan 23	Review your schedule and figure out how you can commit or recommit to mentoring a young person one hour per week.
Jan 24	Reach out to a local school or organization and sign up for a mentoring program and follow through on their application process. If you need to find a mentor program, refer to National CARES Mentoring Movement .
Jan 25	Review the #1 mentor characteristic that you wrote down on Day 21 and intentionally practice it through your behavior today and write down your results in your journal, including what you learned.
Jan 26	Learn something you didn’t already know about your mentee’s culture and environment or that of the mentor group you are or will be responsible for.
Jan 27	Review the #2 mentor characteristic that you wrote down on Day 21 and intentionally practice it through your behavior today and write down your results in your journal, including what you learned.
Jan 28	Connect with or create or find your own mentor support group or inner circle to help inspire, share ideas about mentoring.
Jan 29	Identify a new or unique experience that you can give your mentee, keep it simple and leverage existing opportunities and make it happen.
Jan 30	Review the #3 mentor characteristic that you wrote down on Day 21 and intentionally practice it through your behavior today and write down your results in your journal, including what you learned.
Jan 31	Contact your mentee and recognize them for any milestones, improvements, progress and discuss any upcoming plans for Black History month , cultural, educational events or interests or needs and then be consistent and follow through with them.

PLEDGE TO RESCUE OUR YOUNG

**WRITTEN BY DR. MAYA ANGELOU for National CARES Mentoring Movement
(adapted to reflect “I” instead of “we”)**

Young women, young men of color, I add my voice to the voices of your ancestors,
who speak to you over ancient seas and across impossible mountaintops.

Come up from the gloom of national neglect; you have already been paid for.

Come out of the shadow of irrational prejudice; you owe no racial debt to history.

The blood of our bodies and the prayers of our souls have bought you a future free from
shame and bright beyond the telling of it.

I pledge myself and my resources to seek for you clean and well furnished schools, safe and nonthreatening streets,
and employment which makes use of your talents, but does not degrade your dignity.

You are the best I have.

You are all I have.

You are what I have become.

I pledge you my whole heart from this day forward.