



MENTORING MOMENT: LEAP DAY

Today is February 29 – Leap Day! It's kind of like a free day! Every 4 years the powers that be grant us an extra day in February to catch up with the rotation of the earth –or some other over-my-head science deal! Anyhow, it feels like a free day. So I think you should be able to do anything you want on Leap Day – kind of like a world-wide holiday. If you were given a free day, what would you do? Evidently, I would write something! Mentoring is about helping each other live today better than we did yesterday. So in honor of LEAP Day, I have created a little acrostic to help us all live today just a little better! Here goes:

LIVE GRATEFULLY: You can look at Leap Day as just another day or you can look at it as a gift! What if we looked at every day as a gift? Whenever I receive a gift, my first response is always one of gratitude. Gifts are to be cherished, prized, and celebrated. So today, let's all live gratefully!

ENCOURAGE EVERYONE: We all tend to get a little self-absorbed in life. But when you get a free day, you can lighten up on yourself and hold onto things more loosely. Today I want to think less of me and more of others. What if we all just encourage everyone we meet today!

AGE GRACEFULLY: One thing is true about LEAP Day – we are all going to grow another day older. You don't get to choose whether you grow older, but you did get to choose HOW you are going to grow older. One of my mentors, who is now in his mid-90's, told me that his goal in life is not to become a mean, old, unhappy man. So today, let's all be a little sweeter and kinder and happier!

PURSUE YOUR DREAM: My wife and I saw the movie *Eddie the Eagle* this weekend. It reminded me that life is always at its best when we are pursuing our dreams. Don't wait until tomorrow to pursue your dream. Today is LEAP Day! Go for it!

Dr. Blair Ritchey is Executive Director of ISF, a non-profit foundation dedicated to providing scholarships, mentoring and leadership development for young people who have aged out of orphan or foster care, as they pursue their dream of a college education and a successful life. Mentoring Moment is a weekly message of encouragement and inspiration to those committed to the mentoring process. If you prefer NOT to receive Mentoring Moment, simply reply to this email.



Dr. Blair A. Ritchey, Executive Director

ISF / 15660 N. Dallas Pkwy, Suite 700 / Dallas, TX 75248
214-769-4078 (cell) / www.isfsite.org

