



Seeking a JKYog Peer Mentor

Are you interested in having a peer mentor from within JKYog (USA) to brainstorm things with you? If yes, please use this tool to identify areas where mentoring may be helpful. Please also keep in mind that peer mentors are just that – peers who are also on the path of spirituality and want to grow in the process. They may not have all the answers but will help you to find what you need on this beautiful spiritual journey.

Please take a few minutes to reflect on each of the statements/questions below to help us to ensure a goodness-of-fit in the mentor-mentee match.

1. Please identify the categories of challenge for which you are seeking a peer mentor. Note the specific aspects of concern in one or more category.

Understanding the purpose of my life or its practice:
Finding my role, place or suitable sevas in my Satsang center:
Obstacles in my daily practice of devotion or sadhana:
Understanding some concepts related to Vedic knowledge:
Dealing with health and wellness issues to be able to practice spirituality:

Extent of involvement in JKYog sevas or self-growth due to financial issues:
Finding ways to balance work, family life and sevas:
Letting go of painful events in the past that affect current sadhana practice:
Developing inner strengths to overcome internal challenges:
Dealing with various types of stress:
Any Other category not mentioned above:

2. List your expectations from a peer mentor.

(a)



(b)

(c)

(d)

3. List some qualities you would like to see in your mentor.

4. What indicators will you look for to know whether your mentoring needs are met?

Please know that your answers will remain confidential and shared only with a few key people involved in the peer mentorship program. In order for us to connect you with the right mentor, we will need some personal details. If this information is not provided, we will not be able to connect you with a mentor:

- Full Name:
- Phone Number:
- Email Address:

Please download, fill, and send this form to samarpanteam1119@gmail.com. We will try to reach out to you as soon as we have identified someone who can be a good match for the kind of support you are seeking.

Thank you.