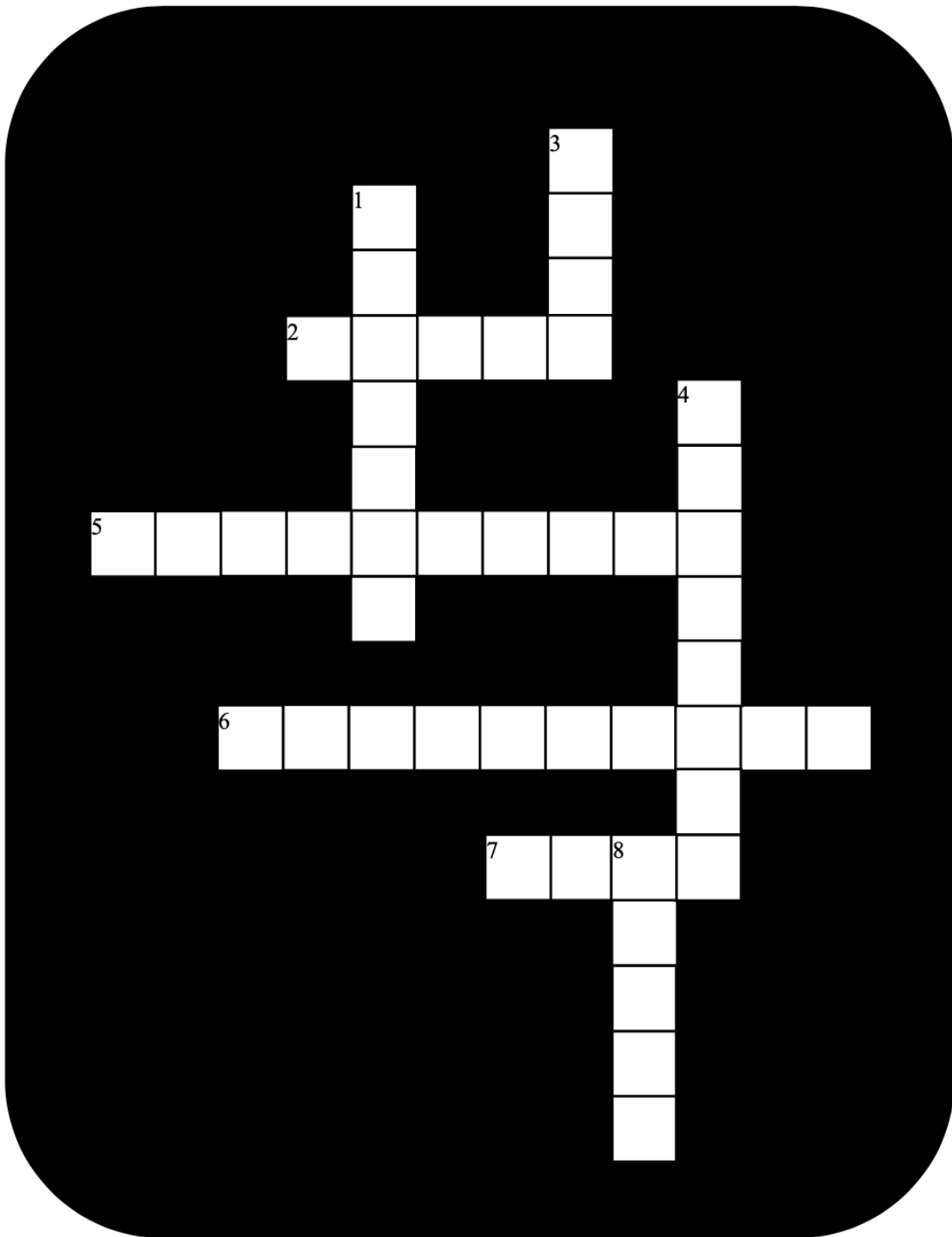


Mentors – Black Women – Set A

Crossword Puzzle



Day / Person: 1

Maya Angelou

American Memoirist,
Poet, & Civil Rights
Activist.



(1928 – 2014)

Overall Quality: Passionate

PUZZLE: 1 DOWN
Maya won a Presidential
Medal of _____ in 2011.

Exercise: Maya put a lot into life. So, let's put a lot into doing some movements. Do at least three star jumps or whatever you can manage to do with vigor (without overdoing it).

Q1. Maya said, *"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."* **What can you do to have the people you meet feel better about themselves?** [Write it down.]

Q2. Maya said, *"Love life. Engage in it. Give it all you've got. Love it with a passion because life truly does give back, many times over, what you put into it."* **What can you put into your life to enrich it and get more out of it?** [Write it down.]

Q3. Maya said, *"We spend precious hours fearing the inevitable. It would be wise to use that time adoring our families, cherishing our friends, and living our lives."* **Are you being held back by fear? How can you reframe how you think about life going forward?** [Write it down.]

Tell your friends or partner your insights from today's lesson.