



## GOAL SETTING

### **Mentee/Mentor Journal Activity**

*Materials Needed:*

Notebook or Journal

Writing Utensil

*Debrief:*

Mentors and Mentees keep a journal and create a t-chart. On one side lists their Hopes, Wishes and Dreams. The other side lists the actions they must take in order to accomplish these goals.

*Lesson:*

Mentees are encouraged to truly get in touch with what they would like to accomplish in life. By listing the action steps they visually see how they can execute their plans and that their aspirations are attainable. This also provides a bonding moment between mentor and mentee. Mentors participating shows mentees that is okay to dream big and even though mentors are older than them, they have things that they would like to work towards as well.

Some additional activities can be found at these resources:

[www.youthworkinit.com/goal-setting-for-teenagers-youth-work-session-idea/](http://www.youthworkinit.com/goal-setting-for-teenagers-youth-work-session-idea/) ,

[www.goal-setting-for-success.com/goal-setting-activity.html](http://www.goal-setting-for-success.com/goal-setting-activity.html)