

she
connects

Mentorship Guidebook



Empowering women & girls *together*



women & Girls Mentorship Initiative

About She Connects

Our Vision is to build a nationwide community of female leaders who support, empower, and encourage one another to pursue their dreams by creating meaningful connections through mentorship relationships. Our program is a national initiative that provides mentorship to young women in high school. Mentors range from 20 - 30 years old. She Connects programs are inclusive to women/girls/gender non-conforming folks of all identities.

Our Story

She Connects was founded by four women under the age of 25; Avneet Sandhu, Emily Haugen, Meghan Dunn, and Leena Parhar met at Daughters of the Vote in 2019. They represented their ridings in the House of Commons, representing Fleetwood-Port Kells (Avneet), Langley-Aldergrove (Emily), Abbotsford (Leena), and Pitt Meadows-Maple Ridge (Meghan). Using seed funding from the Rosemary Speirs Leadership Grant, the four decided to launch She Connects to fill a gap that was missing when they were in high-school: female peer mentorship. Our mission is to connect young women by facilitating relationship building, mentorship, and knowledge transmission, to create a stronger community of empowered women across Canada.

Our Mentors

Our mentors are amazing young women in their 20's from all across Canada who are passionate about supporting younger women. Our mentors have various different life experiences, backgrounds, and careers, bringing a unique diversity to the program. Our organization is fully run by volunteers who all want to build a positive community of women who support one another.



Women & Girls Mentorship Initiative

Mentor Commitment & Expectations

- Meet with your mentor 1-2 times per month (each meeting will take around 30 min-1 hour).
- Communicate with your mentee to check in between meetings (**minimum** once bi-weekly).
- Complete mentor training through Mentor Canada. Attend/watch the She Connects training.
- Criminal Record Check cleared.
- Be accountable to your mentee. Schedule meetings and stick to them.
- Respond to messages from your mentee in a timely manner (within 48 hours).
- Do your best to attend She Connects events with your mentee.
- Do your best to attend mentor meetings (held quarterly).
- If you will be absent, inform your mentee and She Connects admin ahead of time.
- Fill out monthly reports due on the 7th day of each month. Found here: <https://forms.gle/pxx7NTZLm74rvhWA9>

Mentee Commitment & Expectations

- Meet with your mentor 1-2 times per month (each meeting will take around 30 min-1 hour).
- Be accountable to your mentor. Schedule meetings and stick to them.
- Respond to messages from your mentor in a timely manner (within 48 hours).
- Do your best to attend She Connects events with your mentor.
- If a meeting must be rescheduled give your mentor at least 2-days notice, and propose a new day and time you are available to meet. If it is not possible to give 2-days notice still communicate with your mentor that you can no longer attend the meeting.

Program Length

1 year with the possibility of extending another year if the mentee and mentor want to do so; dependent on availability of mentors. Relationships between mentees and mentors may continue informally after the program. The program will formally run from the time you are matched until the following June 30th.

Communication

Mentors and mentees will be introduced to one another by email and from there they will determine the best way to communicate between and during meetings. Some options for communicating between meetings could include: text, WhatsApp, Facebook Messenger, email, Instagram messages, etc. Some options for communicating for your meetings may include: Skype, FaceTime, Google Meet, Zoom, In-Person, etc.

Please make sure to decide your preferred method of communication as soon as possible once you are introduced by email.

You are required to use this guidebook for the first 3 sessions together. After that, using this book is your choice. You may choose to use it formally, casually, or not at all.



women & Girls Mentorship Initiative

Mental wellness

According to the CAMH (Centre for Addictions and mental health) young people aged 15 to 24 are more likely to experience mental illness and/or substance use disorders than any other age group*. Through mentorship, we hope to breakdown the stigma associated with mental wellness and encourage a culture of self-care, open communication, and understanding. A mentor is NOT mental wellness professional and they are obligated to refer their mentee to the appropriate resources whenever necessary. She Connects mentors are only permitted to discuss wellness, self care, and healthy habits.

Resources:

A full list of mental wellness support resources can be found on our website:
www.sheconnects.ca/resources

Jack.org

- Jack.org has a list of national and provincial services that provide counselling, support services, and other resources for mental wellbeing.

Kids Help Phone

- Kids Help Phone is always there for you. No matter what you want to talk about, Kids Help Phone is there to listen.
 - Call a Counsellor: 1.800.668.6868
 - Live Chat: <https://kidshelpphone.ca/live-chat/>
 - Texting Service: <https://kidshelpphone.ca/text/>
 - Service Area: All provinces in Canada

WalkAlong

- Supports youth on their journey to mental wellness with information, tools, and resources. The focus is on anxiety and depression.
- <https://www.walkalong.ca/>

Dealing with Depression

- An online interactive tool for teens who want to build skills to deal with depressed mood.
- <https://dwdonline.ca/>

Apps:

- **Headspace:** www.headspace.com
- **Calm:** www.calm.com
- **Mindshift:** www.anxietycanada.com/resources/mindshift-cbt



*Source: <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>

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Recognition: This guidebook was created using a similar structure and utilizing some of the same resources as the Girls20 (Fora: Network for Change) Coaching Handbook.

Meeting 1

Date/time of scheduled meeting: _____

Topic: Getting to know each other

The first meeting with your mentor is just a casual hang. Whether it's over a phone call, video call, or in-person, this meeting is just about meeting each other and getting to know one another. Sometimes it can feel awkward to introduce yourself to someone new, so we put together some guiding questions that you and your mentor will go through.

Guiding Questions for Meeting 1:

For mentors and mentees to answer during Meeting #1:

- **Education:** where do/did you go to school? Did/do you enjoy it? What are your favourite classes? Least favourite?
- **Hobbies:** what's your favourite thing to do when you have some free time? How do you de-stress and relax?
- **Work:** do you have a job? What do you do?
- **Family:** do you have any siblings? What are your family's roots?
- **Food:** what are your favourite foods? Are there any foods you absolutely hate?
- **Travel:** have you been to any cool places? Where is somewhere you really want to travel in the future?

Skill Development: Organization

Being organized is a skill we constantly improve upon throughout our lives.

To do:

- With your mentor, discuss the ways you are organized in your life.
- Discuss with your mentor how you will keep track of upcoming meetings (will you use the calendar in your phone, write it on an agenda, etc.) and how you will keep track of the pre-meeting "homework".
- Your mentor will also tell you how they plan to keep track of the upcoming meetings and how they will approach the pre-meeting homework.

Meeting 1

Write it down! Taking notes helps us commit to our goals and remember what we learned. You can also take notes using a notebook if it's easier.

Next meeting homework

We have some homework before the next meeting! Here are the instructions:

- Check out this article about personal values harappa.education/harappa-diaries/personal-values-meaning-and-importance-of-personal-values/
- Write down your top 3-5 personal values. Below is a list with some examples of values (you don't need to choose from this list):

- | | | | | |
|--|--|---------------------------------------|-------------------------------------|--|
| ☐ Achievement | ☐ Determination | ☐ Integrity | ☐ Love | ☐ Sincerity |
| ☐ Adventure | ☐ Friendship | ☐ Intelligence | ☐ Peace | ☐ Spontaneity |
| ☐ Courage | ☐ Health | ☐ Justice | ☐ Perfection | ☐ Success |
| ☐ Creativity | ☐ Honesty | ☐ Kindness | ☐ Security | ☐ Understanding |
| ☐ Dependability | ☐ Independence | ☐ Learning | ☐ Simplicity | ☐ Wealth |

Other values: _____

Examples of Values Source Website:
<https://business.tutspus.com/tutorials/what-are-personal-values--cms-31561>

Optional homework: Write your value proposition

- Check out the next page to see instructions for writing your personal value proposition.
- You can either write yours ahead of time or write it during your next mentor meeting. Your mentor will also write a value proposition about themselves.

Meeting 2

Date/time of scheduled meeting: _____

Topic: My Values

Knowing your values can help you lead a more authentic and fulfilling life. After all, they're the primary drivers behind our personality and actions. When we tap into our principles and beliefs, it gives us a chance to reinvent ourselves and aim for a better life. With increased self-assurance and confidence, it's easier to find our purpose, make decisions with greater efficiency and navigate challenging situations.

Source: <https://harappa.education/harappa-diaries/personal-values-meaning-and-importance-of-personal-values/>

Developing your value proposition

Sometimes called a "pitch," your value proposition is a quick statement about who you are, what you bring, and what you value. What makes you, you!

Value proposition example:

My name is Emily, I am in 12th grade and I am really good at photography and English. Honesty and Respect are very important to me, and in life I am passionate about making the world a better place. I hope to one day work in an organization that promotes gender equity on a global scale.

Value proposition template (high school):

My name is _____, I am in ____ grade, and I am really good at _____.
_____ (top value) and _____ (second top value) are very important to me. I love to _____.
In life I am passionate about _____. I hope to one day _____.

This template can be adapted to fit whatever stage of life you are in. Make it your own!

My value proposition:

Meeting 2

Meeting 2 Check-in

- What have been some obstacles or challenges you have faced over the last week or couple of weeks?
- What are you celebrating from the last week? Every day we should reflect on the things we can celebrate and be proud of, whether they are little or big things.
- What is your biggest stress? What steps can you take to manage that stress? (your mentor can help guide you on this)

Write it down! Taking notes helps us commit to our goals and remember what we learned. You can also take notes using a notebook if it's easier.

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Next meeting homework

We have some homework before the next meeting! Here are the instructions:

Myers Briggs Personality Test (MBTI):

1. Take the quiz here: www.truity.com/page/16-personality-types-myers-briggs

Please note:

- Keep in mind there are no "good" or "bad" personalities, this quiz is just to highlight your personality type so you can better understand yourself.
- The MBTI test has been criticized. [Read more here](#) about what the MBTI is and why it has its critics so you can decide for yourself. The test is only meant to give you space to understand yourself better, and should not be taken as 'fact'. If you do the test again in a few years you may even have different results.

Meeting 3

Date/time of scheduled meeting: _____

Topic: Understanding My Personality

What makes you, you? When you discover your own personality type, you'll understand more clearly why you do the things you do. You will gain confidence in your strengths and be better able to make decisions that suit your true nature ([source](#)).

Before this meeting you and your mentor did the MBTI test. Let's talk about our personalities!

Guiding Questions for Meeting 3:

For mentors and mentees to answer during Meeting #3:

3-5 strengths that I agree with:



3-5 weaknesses that I agree with:



1. Can you think of an example/situation when you used this strength in your own life?
2. Can you think of an example of when you noticed this weakness in your own life?
3. How can you leverage your strengths in your future life or career?
4. Thinking about the different personalities of other people, can you think of someone who has a strength in an area that you have a weakness? Are there ways you could work together with that person by using your different strengths?

Meeting 3

Meeting 3 Check-in

- What have been some obstacles or challenges you have faced over the last week or couple of weeks?
- What are you celebrating from the last week? Every day we should reflect on the things we can celebrate and be proud of, whether they are little or big things.
- What is your biggest stress? What steps can you take to manage that stress? (your mentor can help guide you on this)

Write it down! Taking notes helps us commit to our goals and remember what we learned. You can also take notes using a notebook if it's easier.



Next meeting homework

We have some homework before the next meeting! Here are the instructions:

Decide if you are choosing to continue using this guidebook formally, casually, or not at all. Regardless, set up a time for your next meeting!

Goal Setting (if you are continuing to use this guidebook):

1. Read this article: www.mindtools.com/pages/article/newl6_101.html
2. Write your short, medium, and long term goals (see the next pages for instructions)

SMART

GOALS

SPECIFIC

Plan effectively with specific targets in mind.



MEASUREABLE

Track your progress and reevaluate along the way.



ATTAINABLE

Set realistic goals that are challenging but achievable.



RELEVANT

Ensure the goal serves a relevant purpose.



TIME

Specify a deadline, monitor progress and reevaluate.



Meeting 4

Date/time of scheduled meeting: _____

Topic: Goal Setting & Future Planning

When we are intentional about our goals and we write them down we are much more likely to focus on them and actually achieve them. Writing out our goals periodically (ie; every 4 months) and reflecting on what we have achieved is important. Not every goal needs to be a huge life change, goals could be as small as 'I want to create a better sleep schedule for myself' or as big as 'I want to be Prime Minister one day.' Once you figure out your goals you can use the S.M.A.R.T goal framework to really plan how you will achieve those goals. Here are some areas you may want to write goals for:

- Academics
- Social life
- Sports and exercise
- Healthy habits
- Family and community
- Hobbies and interests
- Screen time
- Long-term plans

Some guiding questions might be:

- What do I want to do after I graduate?
- In what ways can I challenge myself to be better?
- What makes me stressed? What can I do to improve that?
- What kind of person do I want to be and what are some little things I can do to work towards that?

My S.M.A.R.T Goals:

Short term goals (within the next 3 months):

Try to write at least 3 short term goals

Meeting 4

My S.M.A.R.T Goals:

Medium term goals (within the next year):

My S.M.A.R.T Goals:

Long term goals (within the 3 years):

Discussion for Meeting 4:

For mentors and mentees to go over during Meeting #4:

1. Review your goals with your mentor
2. Ask your mentor about their goals
3. Discuss ways you can stay accountable to your goals. Are there certain things you can do to make sure you stay on track?

Mentor reflection: What was a goal you had in high-school? Did you achieve it, or did the goal change over time? Tell your mentee about it!

Meeting 4

Meeting 4 Check-in

- What have been some obstacles or challenges you have faced over the last week or couple of weeks?
- What are you celebrating from the last week? Every day we should reflect on the things we can celebrate and be proud of, whether they are little or big things.
- What is your biggest stress? What steps can you take to manage that stress? (your mentor can help guide you on this)

Write it down! Taking notes helps us commit to our goals and remember what we learned. You can also take notes using a notebook if it's easier.



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Next meeting homework

We have some homework before the next meeting! Here are the instructions:

1. Read through the growth mindset table on the next page. Do you think you have a growth mindset?
2. Review the questions for meeting 5. No preparation is needed but have a look at the questions ahead of time so you can start thinking about your answers.



Meeting 5

Date/time of scheduled meeting: _____

Topic: Personal Growth & Skill Development

Developing new skills and building on old ones can lead to personal growth and self-confidence. Whether your skills are technical, academic, social, or anything else, there is always room to learn and improve. We can learn and develop our skills from others, and we can enhance our skills by teaching others too. There is no minimum or maximum with regards to how many skills we each develop, nor is there a certain depth that any skill must be developed. Personal growth is a journey that is different for everyone!

Guiding Questions:

For mentors and mentees to answer during Meeting #5:

1. What is a skill that you are proud of?
2. What is a skill that you would like to expand?
3. What is a new skill that you would like to learn in the future? Why this skill?
4. How do you prefer to learn new skills? From others? Online? Independently? Other?

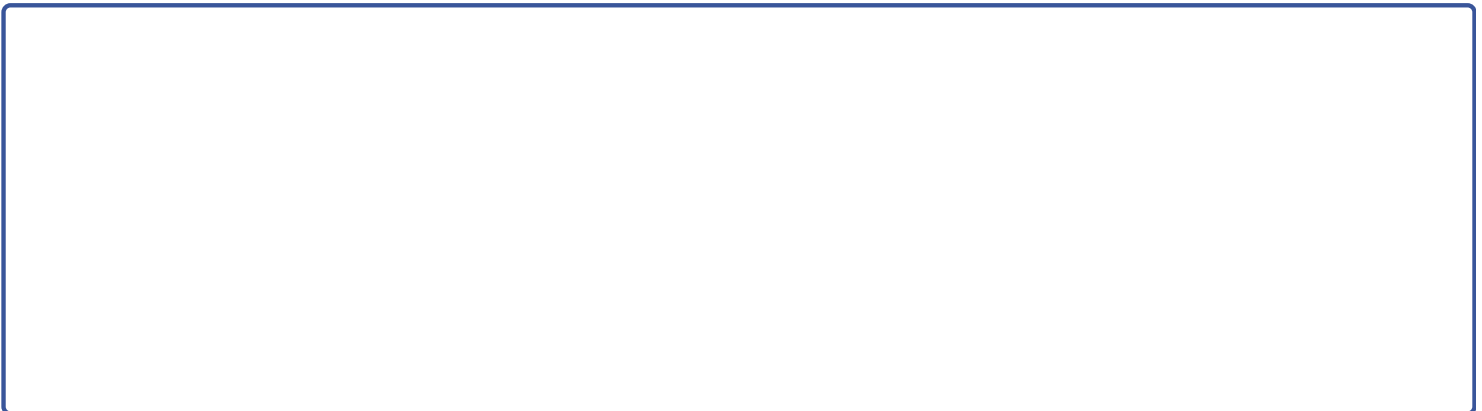
1. How do you define personal growth?
2. What indicates personal growth to you?
3. What aspect(s) of your personal growth journey are you most proud of?

Meeting 5

Meeting 5 Check-in

- What have been some obstacles or challenges you have faced over the last week or couple of weeks?
- What are you celebrating from the last week? Every day we should reflect on the things we can celebrate and be proud of, whether they are little or big things.
- What is your biggest stress? What steps can you take to manage that stress? (your mentor can help guide you on this)

Write it down! Taking notes helps us commit to our goals and remember what we learned. You can also take notes using a notebook if it's easier.



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Next meeting homework

We have some homework before the next meeting! Here are the instructions:

1. Read through the Resilience Strategies infographic on the next page. In your own life, do you use these strategies? Which ones could you use more?
2. Review the questions for meeting 6. No preparation is needed but have a look at the questions ahead of time so you can start thinking about your answers.
3. Look at the "Self Care Tools & Templates" section of this handbook. Choose 1 or 2 pages that you like and fill them out. If you enjoy this exercise we encourage you to continue to do it on a daily basis, you can easily use a blank notebook or scrap paper.

Resilience

STRATEGIES

The ability to emerge from challenges even stronger

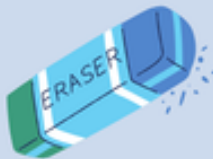
1:1 FRIENDSHIP TIME

- You are not alone
- Accept help



HEALTHY MIND

- Challenge negative thinking
- Reframe a challenge to an opportunity
- Learn from mistakes
- Be hopeful



SERVE

- Find a purpose beyond yourself

HEALTHY BODY

- Eat well, sleep well, exercise

LEAN ON PAST SUCCESS

- Trust your strengths and your ability

VISION

- Set realistic goals
- Proactively work towards goals



Meeting 6

Date/time of scheduled meeting: _____

Topic: Wellness & Self Care

Overall wellness is just as important as physical health. Throughout our lives, it is essential that we prioritize self-care. Young adulthood can be an overwhelming and confusing period in our lives, making it difficult to prioritize the self care that can lead to positive mental wellness outcomes and optimal well-being. Please reach out to a trusted friend, family member, or other individual if you are struggling with your mental wellness. The She Connects website has several mental wellness resources available to you as well, and we encourage you to familiarize yourself with these, regardless of your current mental wellness status. There is also a list of tools at the beginning and end of this handbook.

Guiding Questions:

For mentors and mentees to answer during Meeting #6:

1. What makes you the happiest?
2. How would you rate your mental wellness this month on a scale of 1-10? If comfortable, please expand on your answer.
3. What are some things that you like to do when you are stressed to regroup?
4. Is there a mental wellness resource that you have found beneficial?

Meeting 6

Meeting 6 Check-in

- What have been some obstacles or challenges you have faced over the last week or couple of weeks?
- What are you celebrating from the last week? Every day we should reflect on the things we can celebrate and be proud of, whether they are little or big things.
- What is your biggest stress? What steps can you take to manage that stress? (your mentor can help guide you on this)

Write it down! Taking notes helps us commit to our goals and remember what we learned. You can also take notes using a notebook if it's easier.



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Next meeting homework

We have some homework before the next meeting! Here are the instructions:

1. Watch this video on YouTube: [Networking Basics: 8 Tips to Networking Without Being Fake](#)
2. Write it down: Think about the friendships you have right now. Do you remember the first day you met each friend? What was the interaction like? How did you hit it off and become friends? Write down 3 memories of meeting friends and what led to your friendship.

Meeting 7

Date/time of scheduled meeting: _____

Topic: Building Relationships & Networking

The relationships we create and the networks we build can help us in ways we would never expect, and we can help others as well. Relationship building involves thinking about what you can bring the other person, as well as what they can bring you. Networking works best if you think "how can I help this person?" and just keep that thought in your mind. It could be months or years before you stumble across something that could be beneficial to the other person. Relationships and network building takes time.

Networking is just building friendships!

Guiding Questions:

1. Tell your mentor about some of the ways you and your friends met and what made you become friends.
2. On a scale from 1 to 10 how well do you think you build relationships today?
3. What challenges do you face when building relationships? What are your strengths in building relationships?

Quick Tips for developing relationships:

- Ensure that the relationship you have with yourself is a positive one.
- Accept and celebrate the fact that we are all different.
- Actively listen to hear what other people have to say.
- Give people time and "be present" when you are with them.
- Develop and work on your communication skills.
- Manage mobile technology and be aware of its pitfalls.
- Learn to give and take constructive feedback.
- Open your heart and find the courage to trust.
- Learn to be more understanding and empathetic.
- Treat people as you would like to be treated yourself.

Read more about developing relationships here:

trainingmag.com/8-tips-for-developing-positive-relationships

Meeting 7

Meeting 7 Check-in

- What have been some obstacles or challenges you have faced over the last week or couple of weeks?
- What are you celebrating from the last week? Every day we should reflect on the things we can celebrate and be proud of, whether they are little or big things.
- What is your biggest stress? What steps can you take to manage that stress? (your mentor can help guide you on this)

Write it down! Taking notes helps us commit to our goals and remember what we learned. You can also take notes using a notebook if it's easier.



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Next meeting homework

We have some homework before the next meeting! Here are the instructions:

1. Review the questions for meeting 8. No preparation is needed but have a look at the questions ahead of time so you can start thinking about your answers.

Meeting 8

Date/time of scheduled meeting: _____

Topic: Handling Conflict & Toxic Relationships

Handling conflict is never easy, and engaging in difficult conversations can be daunting. Sometimes, it is difficult to recognize that you are in a toxic relationship until it has taken a toll on your mental wellness and well-being. It is important to remember that conflict can sometimes lead to personal growth and productive conversations. Learning to cope with conflict and learning to navigate toxic relationships are important skills that will develop over your lifetime. Please take this week to reflect on your experiences with conflict and toxic relationships, and turn to your mentor for support.

Guiding Questions:

For mentors and mentees to answer during Meeting #7:

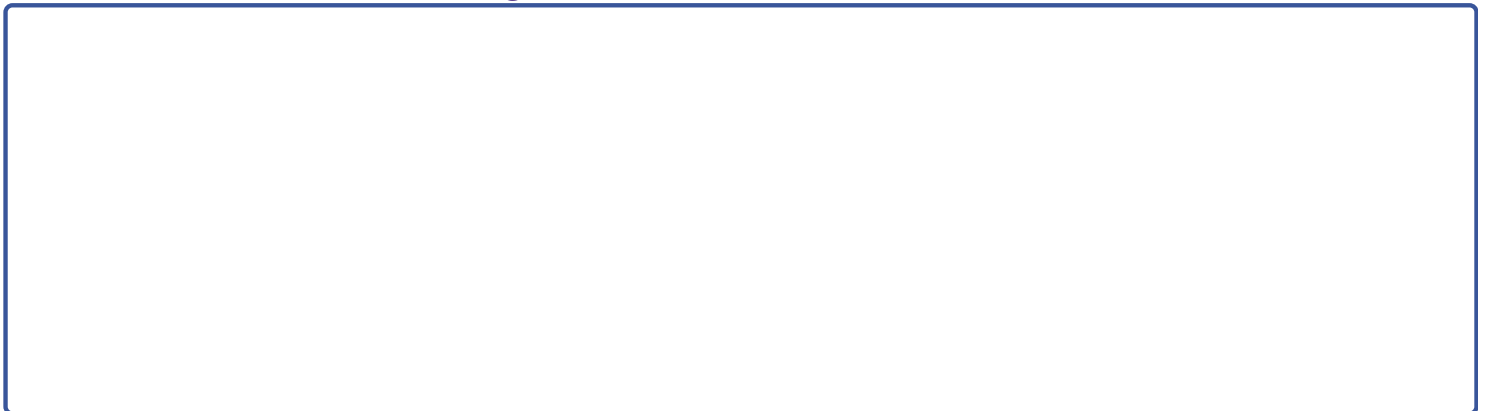
1. Tell your mentor about a time that you engaged in confrontation. How did you feel after?
2. What are some qualities you look for in your relationships that indicate healthy relationships?
3. Think about your healthy relationships. What aspects of these relationships do you value the most?
4. How do you handle conflict? Expand to the extent which you're comfortable.

Meeting 8

Meeting 8 Check-in

- What have been some obstacles or challenges you have faced over the last week or couple of weeks?
- What are you celebrating from the last week? Every day we should reflect on the things we can celebrate and be proud of, whether they are little or big things.
- What is your biggest stress? What steps can you take to manage that stress? (your mentor can help guide you on this)

Write it down! Taking notes helps us commit to our goals and remember what we learned. You can also take notes using a notebook if it's easier.



Next meeting homework

We have some homework before the next meeting! Here are the instructions:

1. As a follow-up to this meeting, please read the information from HealthLink BC which goes over the signs of a toxic relationship.
2. Review the questions for meeting 9. No preparation is needed but have a look at the questions ahead of time so you can start thinking about your answers.

Meeting 9

Date/time of scheduled meeting: _____

Topic: Reflection

Reflection is a powerful tool that is often overlooked. It is healthy to reflect on our personal experiences, our relationships, our successes, and all other areas in our lives. Reflection gives us the power to take control of our past and grow moving forward. Reflection can be done formally or informally, and looks different for everyone! This week, think about ways in which you engage in reflection.

Guiding Questions:

1. How often do you reflect?
2. Do you have any reflection strategies? Are they consistent or do you change them up?
3. Let's reflect on our mentee-mentor relationship. What are aspects that you like? What are aspects that could be improved?
4. Reflecting on the last 8 meetings, which ones were the most useful or impactful for you?
5. Reflect on the goals you set in Meeting 4. How are you doing on those goals?

Things to Consider:

Here are some ways to reflect! Different strategies work differently for everyone, experiment and find what works for you! Try:

- Journaling (daily, weekly, bullet journal, one-line-per-day, online journals)
- Meditation (even just 5 minutes!)
- Go for a walk!
- Take yourself out for coffee or lunch, no phone or computer!
- Go for a drive
- Listen to a podcast
- Talk to a trusted friend or family member. Allow them to help you flesh out your thoughts.
- Take up a calming hobby (or rotate through a few!), here are some ideas: painting, paint-by-numbers, coloring, pottery, lego, cooking, drawing, cleaning/organizing space, gardening, experiment with nail art or makeup, woodworking, sewing, puzzles, photography, swimming, running, dancing, or stretching. If you have any current hobbies, share them with your mentor!

Meeting 9

Meeting 9 Check-in

- What have been some obstacles or challenges you have faced over the last week or couple of weeks?
- What are you celebrating from the last week? Every day we should reflect on the things we can celebrate and be proud of, whether they are little or big things.
- What is your biggest stress? What steps can you take to manage that stress? (your mentor can help guide you on this)

Write it down! Taking notes helps us commit to our goals and remember what we learned. You can also take notes using a notebook if it's easier.

Next meeting homework

We have some homework before the next meeting! Here are the instructions:

1. Plan your future meeting dates with your mentor. All the future meetings will be less structured and will focus on topics you want to talk about.

Future meetings

All future meetings with your mentor will be driven by you. How can your mentor best support you in achieving your goals? What are your successes and challenges? What strategies can you use to meet your goals and overcome challenges? These meetings will be unstructured time for you and your mentor to talk about things that matter to you. Some days you might just talk about your favourite Reality TV show, that's okay! This time is for you.

.....

Date/time of scheduled meeting: _____

Recent Successes:

Recent Challenges:

Goal Reflection:

Look back at the goals you set in meeting #4. How are you doing with those goals?

Date/time of scheduled meeting: _____

Recent Successes:

Recent Challenges:

Goal Reflection:

Look back at the goals you set in meeting #4. How are you doing with those goals?



Date/time of scheduled meeting: _____

Recent Successes:

Recent Challenges:

Goal Reflection:

Look back at the goals you set in meeting #4. How are you doing with those goals?

Date/time of scheduled meeting: _____

Recent Successes:

Recent Challenges:

Goal Reflection:

Look back at the goals you set in meeting #4. How are you doing with those goals?



Date/time of scheduled meeting: _____

Recent Successes:

Recent Challenges:

Goal Reflection:

Look back at the goals you set in meeting #4. How are you doing with those goals?



Self Care Tools & Templates



self love is self care * self care is self love * self love is self care * self care is self love *



Self Assessment



How do I feel at this moment?

What am I putting off?

Overall Well-being

1

2

3

4

5

6

7

8

9

10

I get enough sleep

1

2

3

4

5

I spend time to recharge

1

2

3

4

5

I have a healthy eating habit

1

2

3

4

5

I keep my space clean

1

2

3

4

5

I exercise my body regularly

1

2

3

4

5

I take care of my hygiene

1

2

3

4

5



Self Care Intention

S M T W T F S

DATE:

Physical Self Care

Emotional Self Care

Spiritual Self Care

Intellectual Self Care

Social Self Care

Environmental Self Care





Self-care Goals

Today's affirmation:

What is the purpose behind my self-care goals?

What motivates me to achieve them?

How can I achieve them?

Habits to Start:

- 1.
- 2.
- 3.
- 4.
- 5.

Habits to Stop:

- 1.
- 2.
- 3.
- 4.
- 5.



Questions To Myself

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S M T W T F S

DATE:

What is my main goal in life?

What are my strengths?

What do I love about myself?

Who matters the most to me?

What am I ashamed of?

What do I like to do for fun?

What am I worried about?

Where do I feel safest?

Who gives me comfort?

What is my happiest memory?

What keeps me grounded?

What am I grateful for?



Thought Reflection



What keeps me grounded?

Who gives me comfort?

Where do I feel safest?

When am I at my best?



Self Care Rituals

S M T W T F S

DATE:

Morning Rituals

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Evening Rituals

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You deserve to
get self reward





Sleep Tracker

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep							
Hours							
Wake Up							
Mood	☐ 😊 ☐ 😊 ☐ 😊 ☐ 😊 ☐ 😊	☐ 😊 ☐ 😊 ☐ 😊 ☐ 😊 ☐ 😊	☐ 😊 ☐ 😊 ☐ 😊 ☐ 😊 ☐ 😊	☐ 😊 ☐ 😊 ☐ 😊 ☐ 😊 ☐ 😊	☐ 😊 ☐ 😊 ☐ 😊 ☐ 😊 ☐ 😊	☐ 😊 ☐ 😊 ☐ 😊 ☐ 😊 ☐ 😊	☐ 😊 ☐ 😊 ☐ 😊 ☐ 😊 ☐ 😊

Notes





Say Nice Things

TO YOURSELF

You Are
Beautiful

Believe
Yourself

Everything
Will Be
Okay

You Are
Strong

Myself
Is Top
Priority





self-care to do list

- ***Make bed***
 - ***Write in journal***
 - ***Meditate***
 - ***Eat breakfast***
 - ***Stretch***
 - ***Bed by 10.30***
- 



Mentor Reflections

Our mentors reflect on their high-school experiences and share some words of wisdom.



What do you want to be when you grow up?

Our mentors share stories about what they wanted to be when they "grew up" and what they ended up doing. Everyone has their own path and sometimes it takes some trial and error to end up where we're supposed to be. In today's day and age people switch career paths two or three times in their life. Even if you love your career it doesn't mean that's the career you are "stuck in" forever, you can change anytime. You decide what you want to do with your life.

I wanted to be a lawyer (and then a vet, then a psychologist, and even a drummer!)

I wanted to be a teacher for many years. Around grade 8 I wanted to be an oncologist and that stuck until first year of university. After taking some science courses and researching I realized medicine wasn't for me and I'm now in law school!

Throughout most of high school, I played lots of sports and experienced different injuries, and I really wanted to be a physiotherapist. I even spent a day job shadowing a physiotherapist - but that's when I decided that parts of the job felt like they had too much repetition for me. Now I work as an engineer, where I get to design new solutions everyday!

I wanted to be a lawyer and now I want to be a doctor. I realized I wanted a more hands on experience and career.



Advice to my younger self

If you could give one piece of advice to your younger self, what would it be? Our mentors reflect on what they would tell their high-school self.

I would tell myself to not sweat the small stuff! When I was in high school, I remember often getting very stressed out over tests, group projects, friendships, whether I would make a sports team, and so on. I realize now that in the grand scheme of my life, those were little things that were not worth stressing over. I would tell myself that what is most important is to be kind, to try my best, and to enjoy every moment as much as I can!

Don't be too harsh on yourself and talk to as many people to explore new possibilities

I wish I would have cared more for myself and less about others. I should have been my priority instead of everyone else.

To never hesitate when making a decision of going out of your comfort zone. We often regret missing those experiences!

Stay true to yourself and always fight for what you want.

Don't make choices based on what other people want you to do, or what you think they expect you to do. Take time to figure out what makes you feel happy and fulfilled, and keep doing that.



she
connects

Mentorship Guidebook