



## Technical sheet for mentors



### 5. VISIONS AND DREAMS

Mentorvention Phase	Dimension	Duration (mins)	Number of participants (min/max)
Mentorvention Circles	Goal Setting & Planning	30	2-5
Learning-2-Learn dimension elements	<ul style="list-style-type: none"> <li>- Developing long term goals</li> <li>- Locating meaningful learning targets</li> <li>- Identifying effective strategies</li> <li>- Planning out steps</li> </ul>		
Tags	Dreams, goals, planning, goal setting, developing		

#### The aim of the activity

This activity shall motivate the mentees to reflect on all the previous exercises and on all their visions and dreams after having thought about the qualities they're most proud of and their strengths, skills, and capabilities in a holistic way. The fulfilment matrix shall provide them with a general overview.





### Preparation

Print the activity tool  
Prepare pen/pencils and paper  
Follow instructions in the application setting

### Application

By completing this activity, the mentee will reflect on and combine the previous exercises to visualise their dreams, capabilities, driving forces, traits and areas of value and formulate concrete and detailed dreams, goals, and possibilities on how to reach them.

- 1) Present and talk about the activity with the mentees.
- 2) Ask the mentees to reflect on all the previous exercises and to fill out the fulfilment matrix.
- 3) Discuss with the participants how the exercise went as well as their respective fulfilment matrices (matrices).
- 4) Ask the mentees to write down a detailed vision of what they want and dream of that is informed by and includes the points from their fulfilment matrices.



Direct link to the activity handout on the learning platform

<https://upsim.aidlearn.eu/en/>





## Activity tool

# VISIONS AND DREAMS

### Fulfilment

It's time to summarize the knowledge you have reached through the exercises.

Write down the qualities you have and are most proud of, what you excel in and like doing. Write down the driving forces you have and what you could not be without in a job. Write down the most significant basic values for you, in life and in work.

Traits

Capabilities

Driving Forces

Dreams

Area of value





## What do you want?

When you read the summary of your fulfilment matrix, what do you see? What do you think a person with these answers would be fit to do? What becomes clearer when you look at the fulfilment picture?

Reflect on what you want. Phrase one or two or up to three dreams or directions you are interested in. Write down how each dream feels when you are living it. Make it eloquent and richly detailed. What does it feel like being there? What does everyday life look like, an ordinary weekday or week? What does it feel like to be there? Feel free to write everything down that comes to your mind. No detail is too small or insignificant here.

What do you say yes to, and what do you say no to in your respective dream? Everything comes with an advantage and at a cost.

If you want to visualise your dream even more, pretend that you catch up with an old friend in five years' time. Reflect on what you would be most proud of to tell them. Describe what your life looks like to your friend. How old are you? How do you live? Feel free to write it down.

Reflect on what you think it takes to get to each dream. Weigh them against each other. Reflect on what you are ready to invest to reach them.

