

Technical sheet for mentors



10. MY LIFE VALUES

Phase	Dimension	Duration mins	Number of participants (min/max)
Foundation Meeting	Self-awareness	30	1
Learning-2-Learn dimension elements	<ul style="list-style-type: none"> - Understanding own motivations - Locating own interests - Evaluating own aspirations 		
Tags	Life, awareness, values, motivation, satisfaction		

The aim of the activity


To motivate the mentees to reflect upon their present situation, upon various areas of life and to what extent they are satisfied with each of these areas.

Based on these reflections, the mentees should prioritise one or two areas in their life to work on, and improve, by identifying and understanding the driving force of their values and motivations, setting specific goals and focus points for their future lives.

A clear view of which areas in life need attention and change makes the accomplishment of the change wanted, and seeking it, more accessible.

Preparation
<p>Print the activity tool; the wheel of life satisfaction. Follow the instructions in the application section.</p>

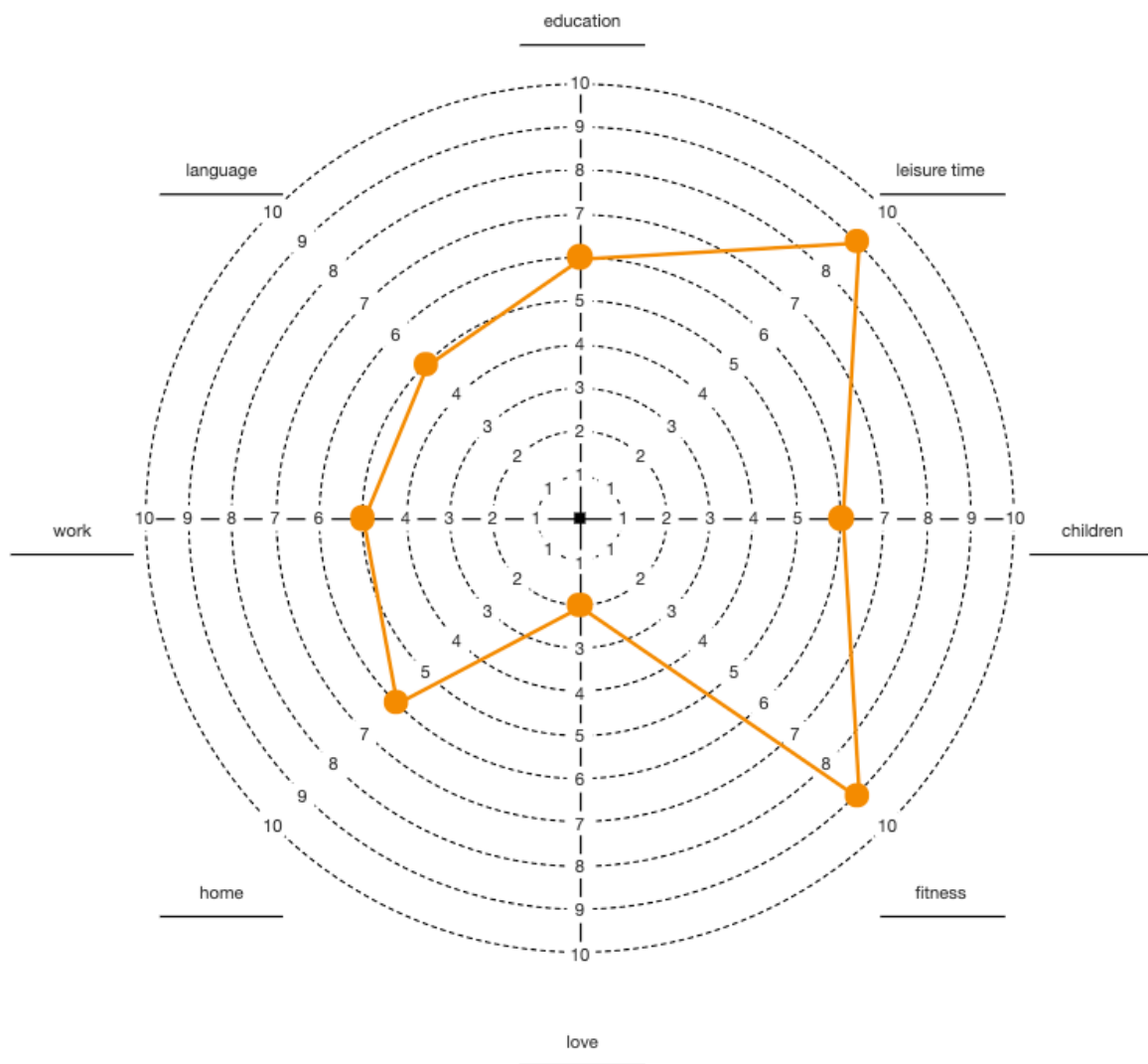
Application
<p>By completing this activity, the mentee will gain some clarity on her present satisfaction of the different domains of her life.</p> <p>The mentee will be guided through the activity by the mentor. Use the guiding questions to help the mentee formulate a plan;</p> <ol style="list-style-type: none"> 1. Present and talk about different examples of areas in life with the mentee. This can be areas such as family, health etc. The mentor can include own suggestions for areas of life to include. The important thing is to exemplify and start the reflection process, to locate the areas of her life, which have meaning to the mentee. 2. Ask the mentee to reflect over the areas of life, which she believes to have importance to her and to select eight areas 3. Add the selected areas to her wheel of life satisfaction. <p>The mentee should then rank each area with a score from 1 to 10.</p> <ul style="list-style-type: none"> - 1 means that she is not satisfied and sees a need for change. - 10 means the mentee is completely satisfied with this area. <p>Based on the score, the mentee should then draw a line following the chosen scores. This creates a visual image of how her life is balanced. Give the mentee some time to reflect on the image for a moment.</p> <p>Finally, ask the mentees to choose an area which they would like to improve and create a plan of action for making the change.</p>

 Direct link to the activity handout on the learning platform	Learn more
<p>https://upsim.aidlearn.eu/en/</p>	<p>To learn more about value based mentoring, read the theory of Basic Human Values. Schwartz, S. H. (1992, 2006) "An Overview of the Schwartz Theory of Basic Values" https://en.wikipedia.org/wiki/Theory_of_Basic_Human_Values</p>

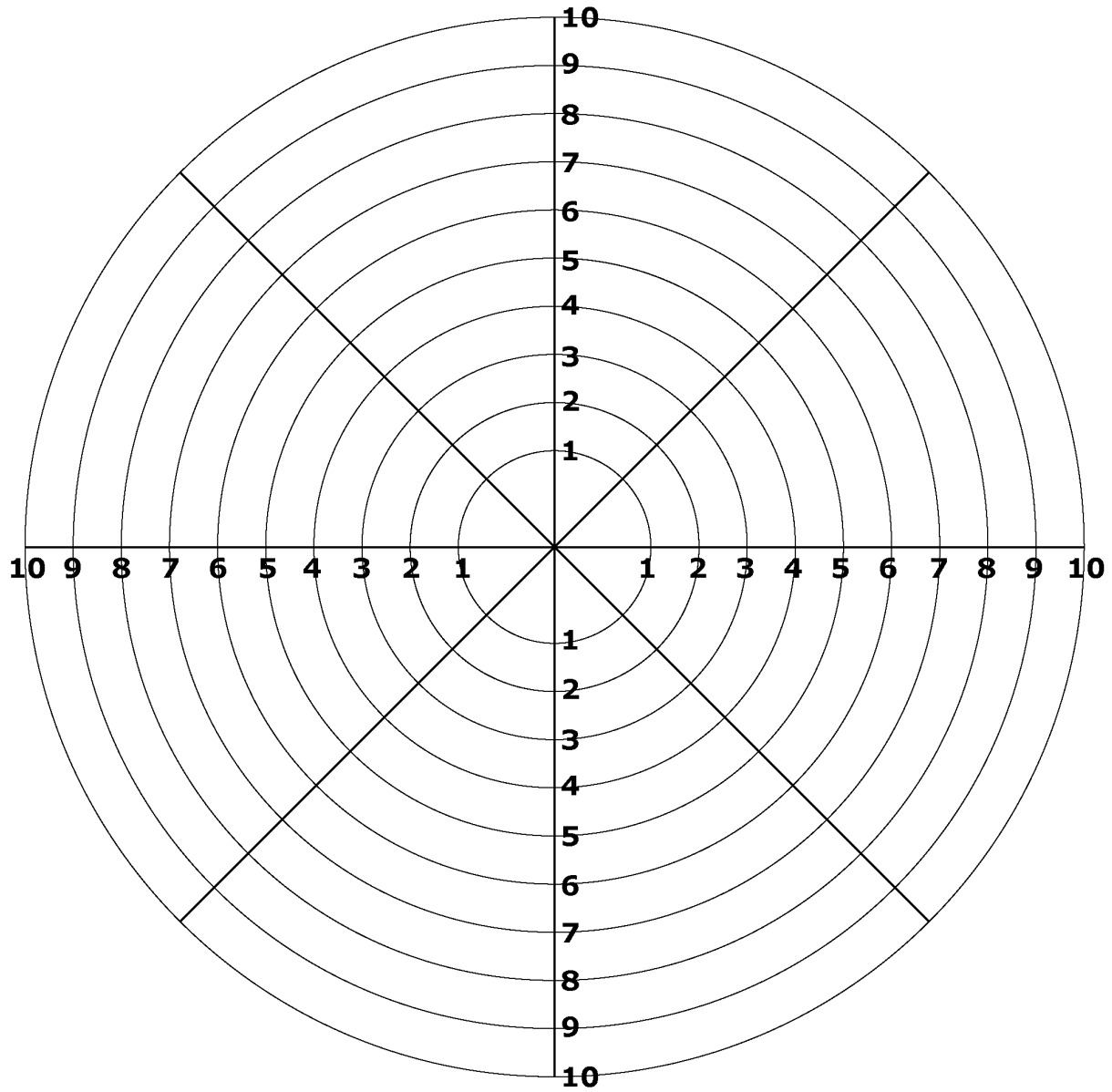
Activity tool

1. Select eight areas of life that are important to you.
2. Add them to the wheel in the handout.
3. Rank each area from 1 to 10 and place a dot on the number which matches how you feel this area in your life is satisfactory.
4. Connect the dots and see what your wheel of life satisfaction looks like
5. Use the guided questions in the handout to find out what your plan of action will be.

See example below:



The Wheel of Life Satisfaction



I would like to become more satisfied with this area of my life:

My goal is to:



To reach this goal, I will do the following things:

When will I do it? How will I do it? Who will support me?

How and when will I know that I have reached this goal?

What will it bring me when I reach that goal? What will it bring to others?

What will happen if I don't change my satisfaction in this area?



What might cause me to not change this area in my life?

