Session 6

- Visions for the Future

Take time to help your mentee review the results of their spring goals and forecast for the future.
Visions for the Future

As we conclude this semester, it is important to review the progress on your spring goals and set goals for the fall semester. When you think about your life one year from now, what do you see? Think about the various components of your life, including education, relationships, career and community. Select the component depending on what you believe will be most important to you at that time in your life. Describe the image for your life in the next year. StrengthsQuest by Clifton and Anderson * Gallup, Inc.
Additional Questions
Visions for the Future

• How do you imagine yourself in 10 years?
• Paint a picture of the life you want
• Describe any aspirations you have to live/work outside the US?
• What would happen if you dream didn’t come true?
• What are some strengths that you can build upon now to help your future?
• What is the “new Plan A?”
• What is another path or strategy to achieve your goal?
• How can this detour get you to your goal?