



Self- reflection

If we want to change something, it is worth reflecting on the past in order to reshape our future. Our tool reflection is ideal for taking stock and setting new goals!

This is how it works

Mentee: Close your eyes and think about the experiences in your life that you particularly enjoyed.

Mentor: Write down all of the mentee's favorite experiences in the left-hand box. When the mentee has mentioned all the aspects that came to her mind and there are no more questions, the team focuses on the future.

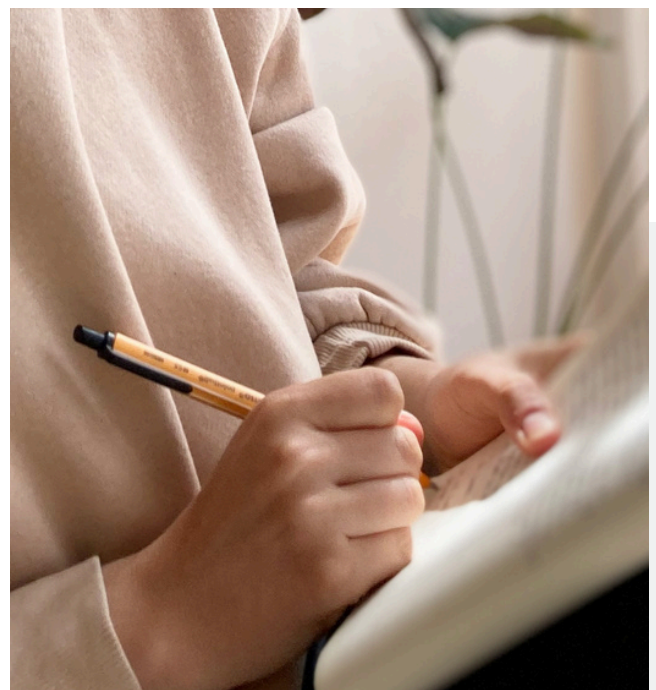
Mentee: Imagine your dream job and future as detailed as possible and describe your vision to your mentor.

Mentor: Write down the mentee's ideas in the box on the right. Try asking questions to guide the mentee through the visualization.

Looking back, moving forward

Finally, try to recognize similarities from the past and future together: Write them down in the box in the middle. You will get a good idea about the mentee's strengths and potentials.

You can find a template for this tool on the next page.



Reflection

Looking back,
moving forward



1

Describe past experiences: at university, at work and in your private life that have been fun and fulfilling.

2

2. Imagine your work day in 10 years time. Describe your environment, your daily routines & tasks. Try to be as detailed as possible!



3

3. What are there similarities between the past and the future?