

Month 3: Decide

Wheel of YOU



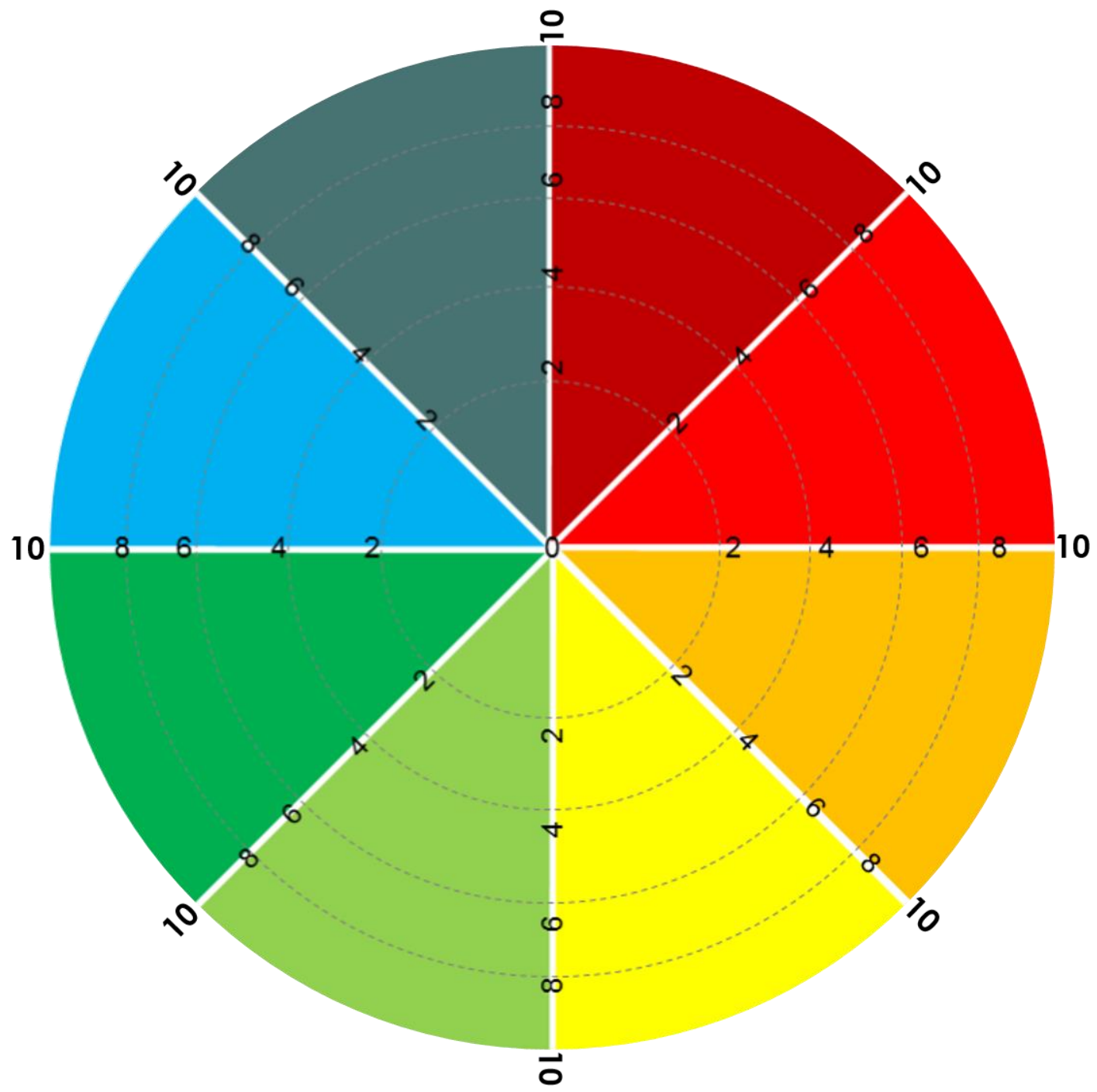
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TODAY is YOUR day!
Your MOUNTAIN is waiting.
SO... GET ON YOUR WAY!
- Dr. Seuss

Congratulations on completing your month of mentoring challenges!

Which challenges did you find easier, and which did you find harder? Write the ones you found **harder** round the edge of this wheel, one on each colour. If you have space left, add some ideas of things you find harder from **school** or **home**. Now rate how difficult you find each one, from 0 to 10.

This is the wheel of you!



When things are difficult, **it's important to practice** them. Practicing means you can get better and stronger, just like an athlete who practices their sport every day!

Pick 3 things from your wheel to practice:

- 1. _____
- 2. _____
- 3. _____

Imagine that it's the end of mentoring in 6 months' time, and that you are **one** number better than where you placed yourself for each of these 3 things. What would be happening differently?

Write your ideas here:

- 1. _____
- 2. _____
- 3. _____

Now use the SMART goal creator to turn your ideas into goals...