**Before your first meeting:**

*Preparing for a mentorship meeting can be a valuable way for a you to make the most of your time with your mentor. Here are some journaling prompts for you to consider in advance of your first meeting:*

Personal and Professional Objectives:

1. What are your specific objectives for this mentorship?
2. How do you envision your mentor helping you achieve these objectives?

Current Challenges and Questions:

1. What specific challenges or questions are at the forefront of your mind right now?
2. How might your mentor help you navigate or overcome these challenges?

Long-term Vision and Aspirations:

1. Where do you see yourself in your personal and professional life in five years?
2. How might your mentor support you in reaching those aspirations?

*Communication and Expectations*:

1. How do you prefer to communicate with your mentor (e.g., email, video calls, in-person meetings)?
2. Are there any specific expectations or boundaries you'd like to establish for your mentorship?

*By reflecting on these prompts, you can arrive at your first meeting with a clearer sense of your goals, questions, and expectations. This will likely lead to a more productive and focused mentorship experience.*

**After your first meeting, before your second meeting**

*Reflecting on the first meeting with your mentor can help you consolidate your thoughts and identify areas for further discussion. Here are some journaling prompts for you to consider after your first meeting and before your second meeting*:

Key Insights and Takeaways:

1. What were the most important insights or learnings you gained from your first meeting with your mentor?
2. How do you plan to implement or apply these insights?

Progress and Next Steps:

1. What progress have you made towards your goals since the first meeting?
2. What specific steps will you take before the next meeting to continue this progress?

Clarifications or Additional Questions:

1. Were there any points of discussion that you'd like to clarify or explore further?
2. Are there new questions or concerns that have arisen since the first meeting?

Feedback for Improvement:

1. Reflect on the mentorship process so far. Is there anything about the communication or dynamic that you'd like to adjust or improve?
2. How can you communicate this effectively to your mentor?

Long-term Vision Revisited:

1. Revisit your long-term vision and aspirations. Have they evolved or clarified since your first meeting?
2. How does your mentor's guidance align with or contribute to this vision?

*Approach these prompts with an open mind and a willingness to engage deeply with your mentorship experience. This reflective practice can help make the most of your mentor's guidance and support.*

**After your second meeting, before your last meeting**

*Reflecting after each meeting with a mentor is a valuable practice for mentees. Here are some journaling prompts for you to consider after you second meeting with their mentor and before the final meeting*:

Progress Evaluation:

1. Reflect on the progress you've made since the first meeting. What specific achievements or milestones have you reached?
2. Are there any areas where you feel you could have made more progress?

New Insights and Learnings:

1. What new insights or lessons have you gained from your mentor in the second meeting?
2. How do these insights contribute to your overall growth and development?

Challenges and Strategies:

1. Identify any challenges or obstacles you've encountered since the last meeting.
2. What strategies or approaches can you implement to overcome these challenges?

Feedback for Mentorship Process:

1. Consider the mentorship process thus far. Are there any adjustments or improvements you'd like to suggest?
2. How can you communicate this feedback constructively to your mentor?

Final Meeting Expectations and Goals:

1. What are your expectations and goals for the final meeting with your mentor?
2. How do you hope this meeting will further support your development and aspirations?

*By reflecting on these prompts, you can gain a deeper understanding of your progress and the impact of your mentorship experience. This self-awareness can be invaluable in making the most of the final meeting with your mentor.*

**After your last meeting**

*Reflecting on the entire mentorship experience after the last meeting can be a valuable way for you to gain closure and insights for your future development. Here are some journaling prompts for you to consider after your final meeting with your mentor***:**

Achievements and Growth**:**

1. What specific achievements or personal growth have you experienced throughout this mentorship?
2. How have these achievements impacted your overall development?

Most Valuable Lessons**:**

1. Reflect on the most valuable lessons or insights you gained from your mentor.
2. How do you plan to carry these lessons forward in your personal and professional journey?

Challenges Overcome**:**

1. Recall any challenges you faced during the mentorship. How did you navigate and overcome them?
2. What strategies or approaches were most effective in addressing these challenges?

Future Goals and Aspirations**:**

1. How has this mentorship influenced your vision for the future?
2. What are your revised goals and aspirations, considering what you've learned and achieved?

Expressing Gratitude**:**

1. Consider the support and guidance you received from your mentor. How has this impacted you?
2. Take a moment to express gratitude to your mentor, either in writing or in person.

*Reflecting on these prompts can help mentees consolidate their learnings and experiences from the mentorship, providing a solid foundation for their ongoing personal and professional growth***.**