

YOUR JOURNEY BEGINS

[Mentor for scientists](#) – Greta Faccio, Ph.D.



What is difficult to do

What I decide

What I remember

Would I do it differently

Children's dream

What I have learnt

NOW

My wins

My best memories

What makes me special

FUTURE

Imagine far away

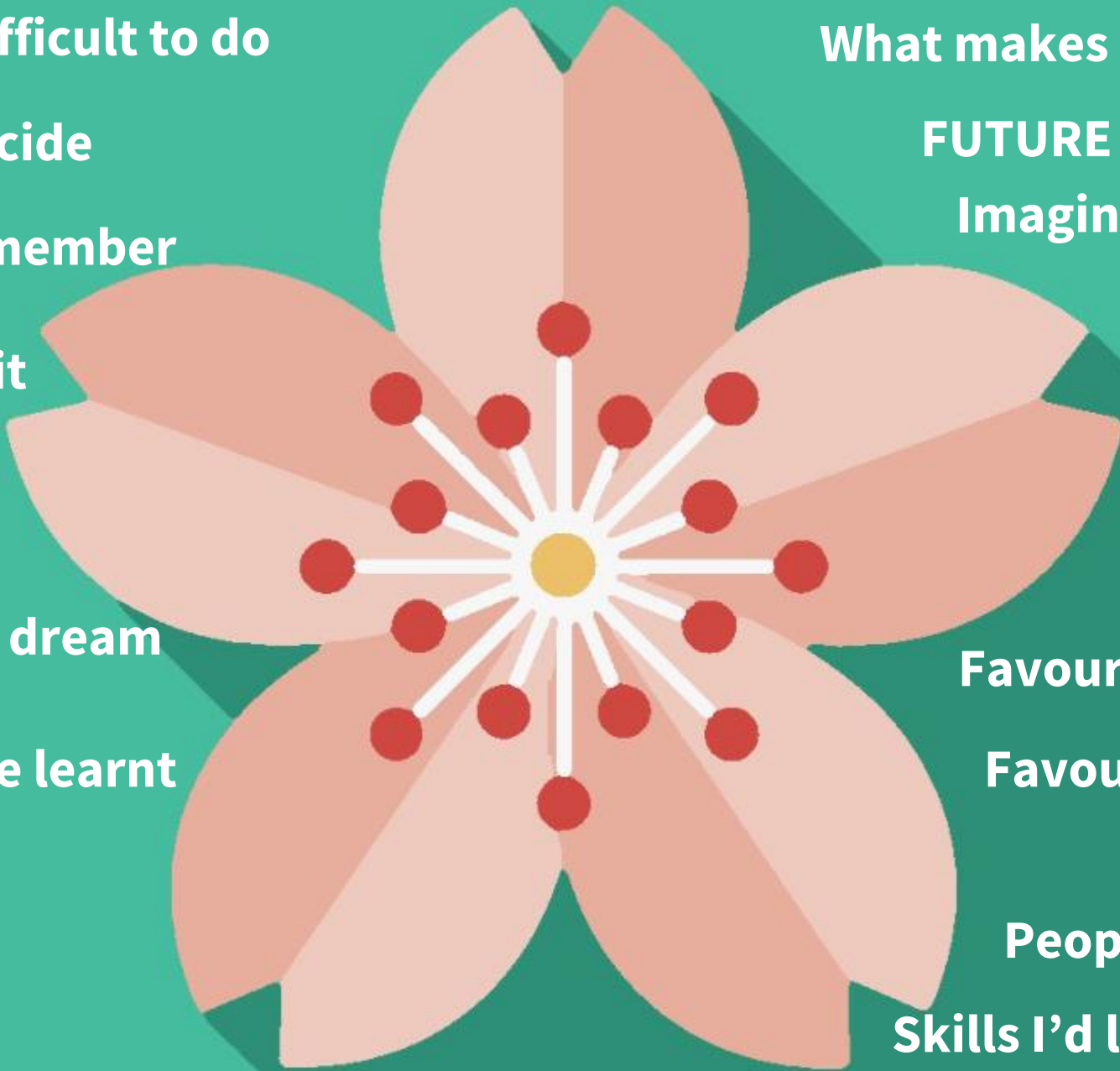
Favourite colour

Favourite words

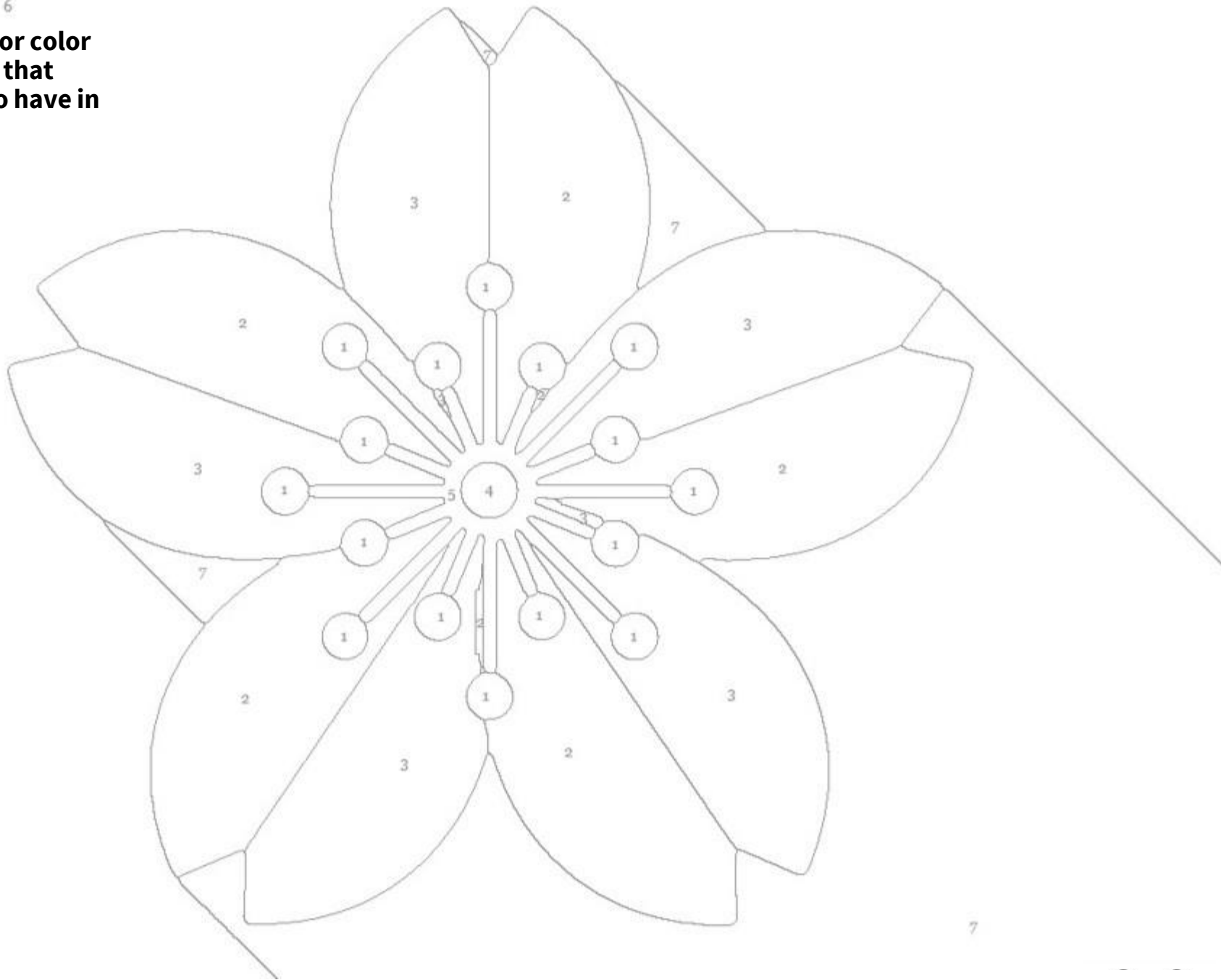
People I admire

Skills I'd like to have

What comes easy to me



**Print then paint or color
and write words that
you would like to have in
your future**



ME

Write 15 things that come easy to me

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Write 15 things I would like to learn.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____



ME

Write 15 words that describe you today

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Write 15 words that you want in your future

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____



FUTURE

Imagine and write 15 situations in which you want to be in the near and far future.

E.g. Painting on the beach, talking to the president, be on TV, growing vegetables, ...

1. _____
2. . _____
3. . _____
4. . _____
5. . _____
6. . _____
7. . _____
8. . _____
9. . _____
10. . _____
11. . _____
12. . _____
13. . _____
14. . _____
15. . _____

What actions are needed to end up in those situations?

E.g. Course, friends, introductions, networking, travelling, writing emails, ...

1. _____
2. . _____
3. . _____
4. . _____
5. . _____
6. . _____
7. . _____
8. . _____
9. . _____
10. . _____
11. . _____
12. . _____
13. . _____
14. . _____
15. . _____

INSPIRATION

Write 15 persons that you admire and write a few words to describe them.

E.g. Albert Einstein - brave hair

1. _____
2. . _____
3. . _____
4. . _____
5. . _____
6. . _____
7. . _____
8. . _____
9. . _____
10. . _____
11. . _____
12. . _____
13. . _____
14. . _____
15. . _____

Write 15 people you admire and what they have done that makes them special

E.g. my friend parachuting

1. _____
2. . _____
3. . _____
4. . _____
5. . _____
6. . _____
7. . _____
8. . _____
9. . _____
10. . _____
11. . _____
12. . _____
13. . _____
14. . _____
15. . _____



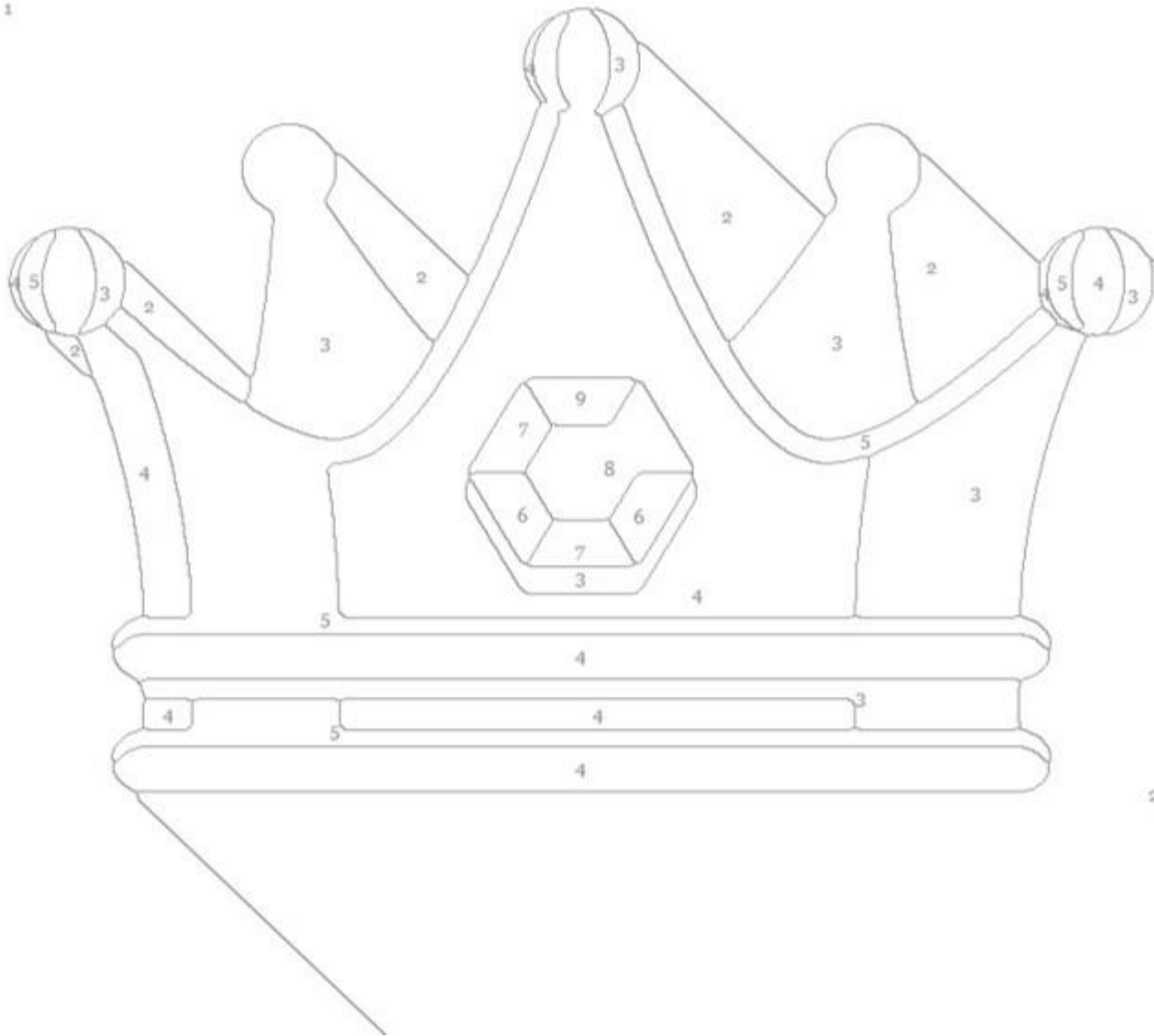
WHAT MAKES ME SPECIAL?



NOBODY ELSE CAN _____ AS GOOD AS ME.

I AM THE BEST _____.

Print then paint or color
and write 5 words that
make you unique



Print then paint or color



THAT TIME I SURPRISED EVERYBODY

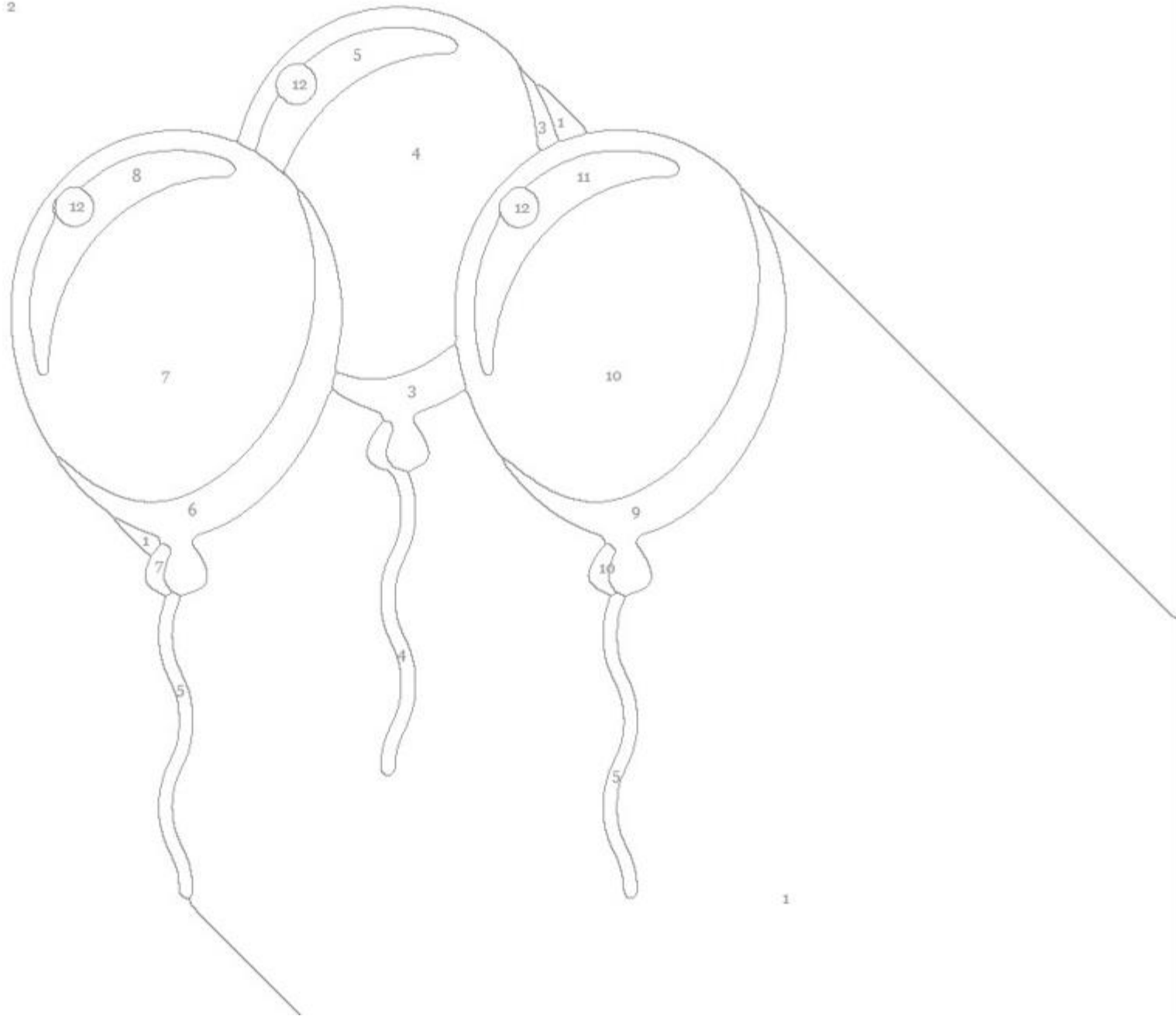


I MAKE OTHERS FEEL _____

I CANNOT AVOID DOING _____

I ALWAYS SAY YES TO _____ BUT WANT _____

**Print then paint or color
and write words to
indicate positive things
that recur in your life**



Print then paint or color

1



2



3



4



5



6



7



8



9



10



11



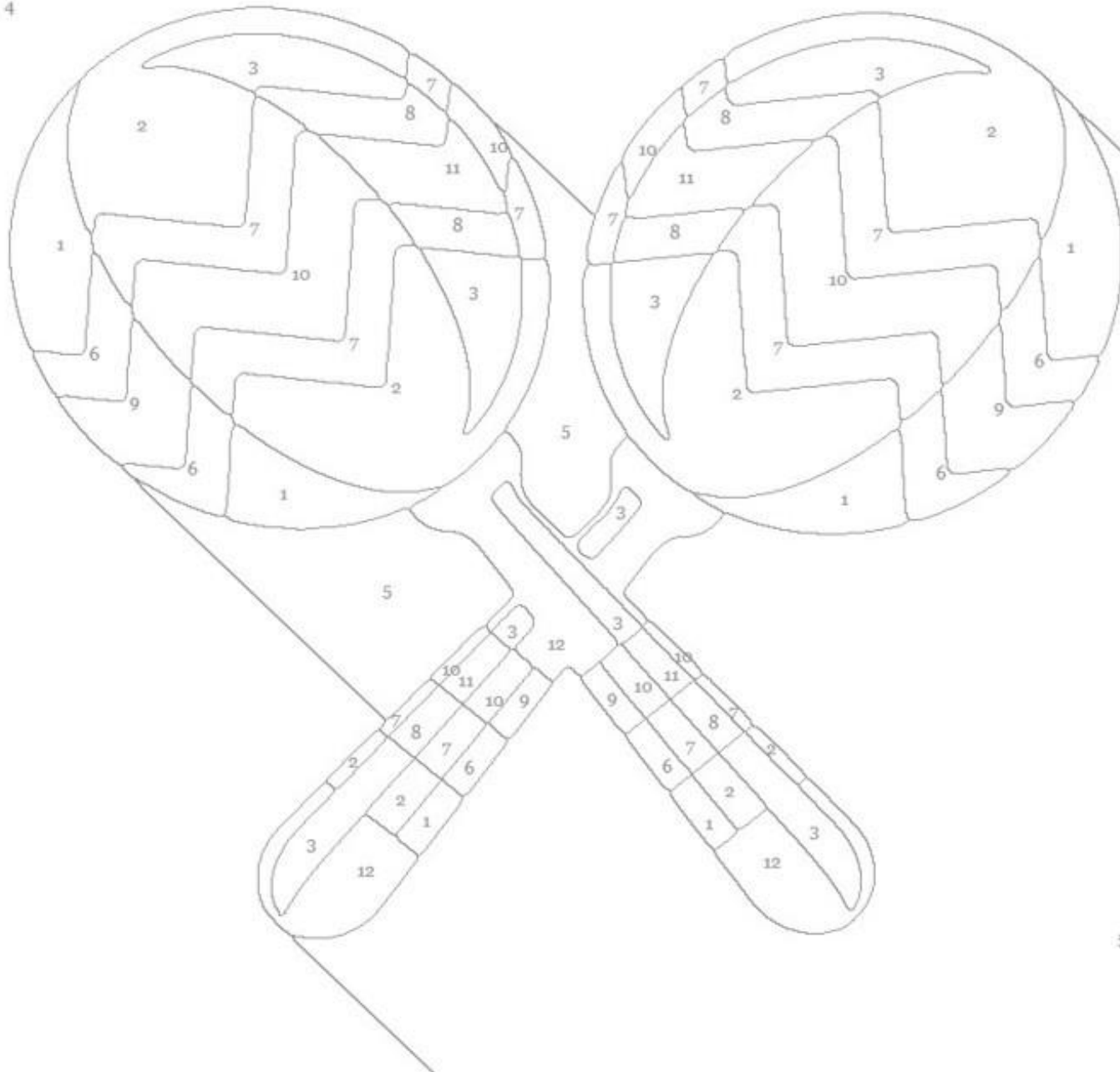
THINGS I LIKE TO DO ALONE



I MAKE NOISE WHEN _____

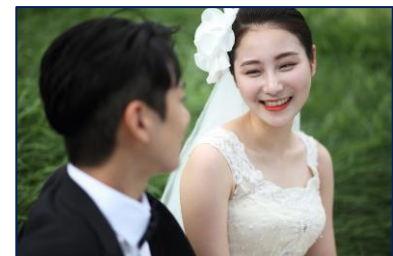
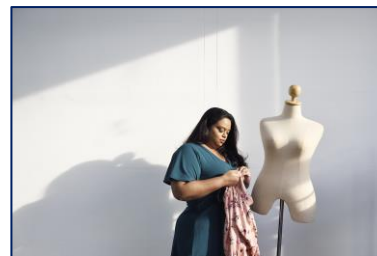
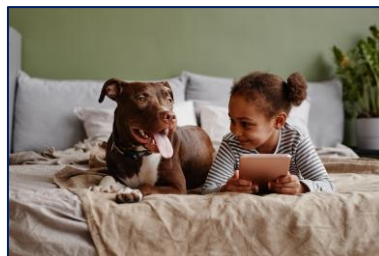
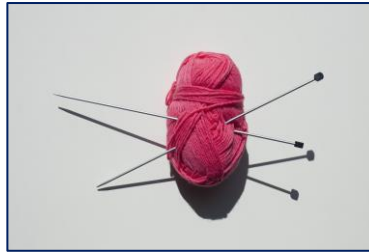
I CANNOT STOP TALKING ABOUT _____

PEOPLE REMEMBER ME WHEN _____



Print then paint or color

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12



WHAT CAN I DO?
WHAT DO I NEED?
WHAT MAKES ME HAPPY?
DO I HAVE TO SOLVE THIS PROBLEM?

PROBLEM



.....



SOLUTION

Feeling stuck
Feeling sad
Feeling...

Feeling in control
Feeling growing
Feeling...



WHERE DO YOU GET YOUR ENERGY FROM?

What conditions do you need in order to find your FOCUS?

Do you focus better in SILENCE or with the NOISY background of a café?

What prevents you from focusing and getting your energy back?

What would you like to give your ENERGY to in your life?

What would you like to focus less on in your life?

What INVESTMENTS would you need to make to reach your GOAL?



WHAT IS SUCCESS FOR ME?

What could you imagine doing if you knew you couldn't fail?

What will it mean to you when you are successful?

What would success look like?

What would success feel like?

What have you accomplished already?



MY CV(s)

Experience and personality

Where I wanna be

What I did and how

Ambitious photo

My projects and results

My numbers and percentages

My studies and skills

My passions and talents

