

Three Wishes

Materials Needed:

- Colored pencils or pens
- Three wishes handouts for each mentee

This is a very simple exercise. You begin by letting them know that you are going to give them a drawing of a genie, and that they will be able to make three wishes. Let them know that the only thing they can't wish for is more wishes.

Tell them the best way would be to draw, but that they can also write down their issues.

Give them a copy of the drawing of the genie, and also provide colored pencils (or colored pens).

You might want to also do the exercise yourself, and share what your wishes are. If you do, make sure that you don't reveal deep personal issues, or wish for anything that would put the focus on you, and take the focus off the mentee. For example, don't say, "I wish my dog hadn't died in that terrible traffic accident," or, "I want to meet a girl that I would want to marry, so that we would have kids." Instead, keep your wishes less emotional and less personal. Again, this is about the mentee, and not about you.

When they are finished have them describe what their three wishes are. If in the group setting, each person can share.

Let them know that wishes are close to dreams, and dreams are the first step in setting goals. If they are interested, this is when you might introduce goal setting.