



Week 2: Goals & Dreams

Dear Mentee,

We hope this email finds you very well and that you enjoyed reading the introductory email from your mentee.

This week's topic will focus on goals and dreams. It's the perfect opportunity for you to share with your mentor some of your goals and dreams, be they professional or personal, and how you are working towards them.

To prepare for your weekly exchange of correspondence with your mentor, start by reflecting on the following questions:

- What do I want to achieve in my life? What goals and dreams do I have that make me feel excited and motivated?
- What do I want to achieve in terms of my studies and education, my work and career? How can I work towards achieving my goals and dreams?
- Where do I see myself in 2, 5 or 10 years' time?

To help you draft your letter to your mentor, we invite you to explore and make use of the resources and exercises on the following pages.

Wishing you a great week!

The Tech4Girls e-mentoring team



How can you achieve your goals & dreams?

Have you ever heard of “SMART” goal setting? In order to achieve your goals, try to set SMART goals, as defined below:

S - Specific: make your goal as specific as possibly by answering the questions who, what, where, when, how?

M - Measurable: specify measures that will help you track your progress and recognise whether you have succeeded or not.

A - Attainable: your goal must be achievable. If you set goals that are out of your reach, you will fail for sure. You also need to make sure that the goal is about you, and that you have control and power over the goal you want to achieve.

R - Realistic: keeping your goals realistic is crucial for your success. For example, your goal shouldn't be to become a professional football player if you have never played football before.

R can also be for Relevant: make sure that your goals are relevant to your own short- or long-term study/work, employment and life plans.

T – Time-based: specifying a date or deadline by when you plan to achieve a goal can be motivating and it will also help you track your progress towards your goal and assess what remains to be done to achieve your goal.

Example: I wish to study graphic design so that I can become a graphic designer and, in the future, set up my own graphic design company.

S = I (who) want to obtain my first graphic design diploma (what) by the end of 2021 (when) by completing a basic graphic design course (how) in my home city of Kathmandu (where).

M = I will measure my success by the number of hours of graphic design training I complete, successfully finishing the course and obtaining my first graphic design diploma.

A = I want to make sure that I can reach my goal and that it is not unachievable. I have had no graphic design training or experience before. This is why my first goal is to complete a beginner's graphic design course which is attainable.

R = It is realistic because I have already taken steps towards my goal: for example, I attended a Tech4Girls workshop introducing me to e-commerce and the workshop briefly discussed branding & design. At the workshop, I heard about some free training courses I could take. I then found a short beginner's graphic design course that is run by a local non-governmental organization, is free of charge and lasts 4 months. I have given myself an entire year to reach my goal. I am confident I can achieve this!

T = I have a set deadline – end of 2021 – which is realistic and achievable. Having this deadline is motivating! I'm determined to work towards my goal and achieve my first graphic design qualification by the end of 2021!



Finding your dream & drive

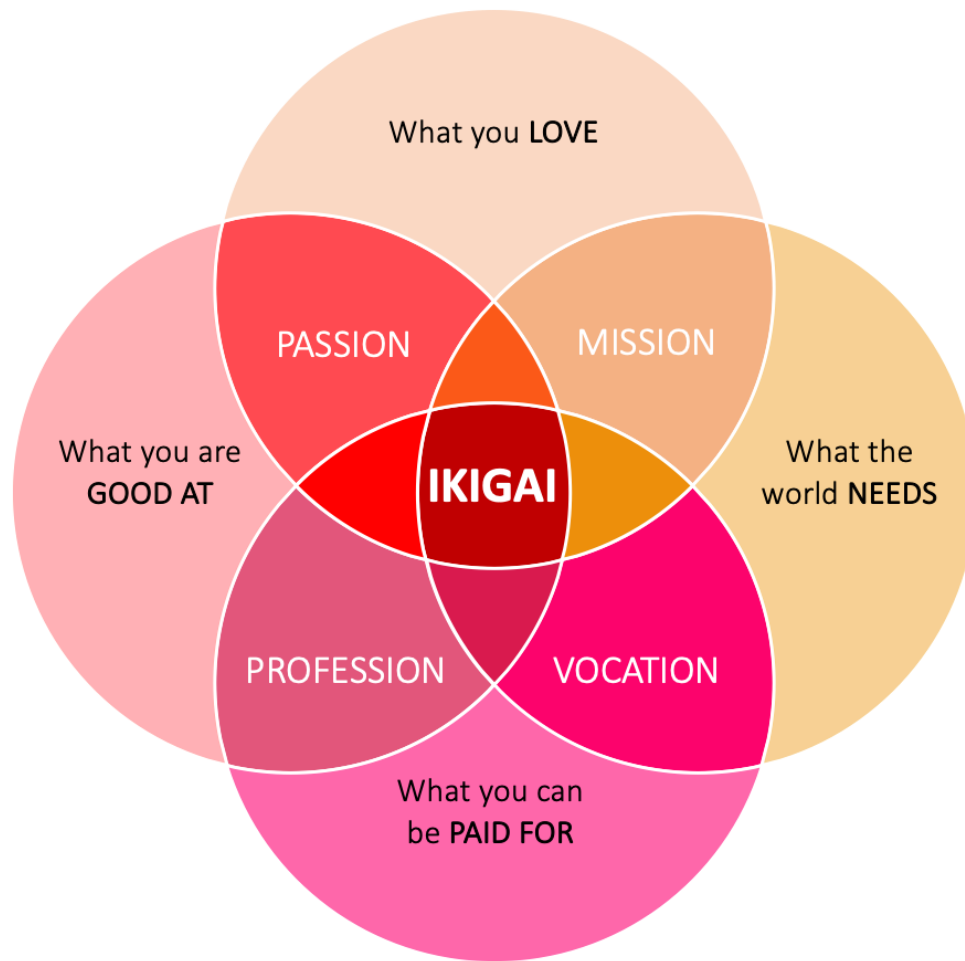
If you are unsure of your goals & dreams, that is, what exactly your goals and dreams are, you may want to try doing the exercise below.

It can be an enjoyable exercise. The Japanese word “Ikigai” translates to “a reason for being”, or in other words, it represents having a direction or purpose in life and feeling motivated.

The chart on the next page represents the various components that make up your “Ikigai”. You can find yours by filling in the tables below the diagram.

HOW TO FIND YOUR IKIGAI?

A guide in three easy steps



STEP 1: Please write down anything that comes to mind for each category in the following table.

What I Love	What I am good at	What the world needs	What I can be paid for



STEP 2: For each of the next boxes in the following table, cross-reference the two listed categories from Step 1, and write down any similar ideas or themes.

If you have difficulties finding similarities, do not hesitate to take more time brainstorming in Step 1 before moving on to Step 2.

PASSION What I am good at + What I love	MISSION What I love + What the world needs	VOCATION What the world needs + What I can be paid for	PROFESSION What I can be paid for + What I am good at

STEP 3: To find your Ikigai, cross-reference the four categories from Step 2, and write down any similar ideas or themes.

IKIGAI

Source: Protagonist, LLC 2020 -

https://www.reddit.com/r/ProtagonistLife/comments/gshlw1/free_ikigai_worksheet/



Additional resources you may wish to explore:

<https://www.smart-goals-guide.com/smart-goal-setting.html> (SMART goals)

<https://www.briantracy.com/blog/personal-success/smart-goals/> (SMART goals)

<https://www.mindtools.com/blog/whats-your-ikigai/> (Ikigai)