

Name —

Date — / /

**stupid studio  
mentorship**

**Mentee**

# **Mentorship journal**

# hej!



Name —

Date of the last session — / /

## About session #

This journal will help you stay focussed on your goals, develop self-awareness regarding the process and note ideas and opinions. It will also help to track progress and can be used as a reference point for future sessions.

Feel free to personalise and fill it out in the way that feels best to you; add in photos, drawings, post-its, or extra notes. Whatever makes your journey more real and memorable!

## About last session

What were the meeting's main topics of discussion and points of reflection?



## Feels check

When I think of last session, what's my gut feeling?



Why did I feel this way?



## **My progress**

**What have I observed so far?  
(What is going well / less well? Why?)**



## **My Mentor's role**

**What have I observed so far?  
(What is going well / less well? Why?)**



## **Session insights**

**What are my main insights from this session?**

**Did I learn anything special?**

