

Name —

Date — / /

**stupid studio
mentorship**

Mentor

Mentorship journal

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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!



Name —

Date of the last session — / /

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?



The Mentee's progress

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



My progress

**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?

