

Dreambook Talk Sheet

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Note: This document is primarily intended for organizations that feature mentoring programs for adults.



The Dreambook is a tool that can be used in a 1:1 mentoring relationship or simply as a person reference. The concept is that a “resource” binder is gifted for **documenting a “life plan”** including reflection, planning and learning. The goal should be to support mentee or personal growth holistically and include things such as spiritual, physical, emotional and intellectual explorations. The physical manifestation can be electronic (e.g. OneNote), a 3-ring binder with one or more tabs with life skill lessons, reading and worksheets or a journal-type book.

The content can take many forms based on the needs and desires of the mentee or the agency supporting the mentees. Here are some examples:

Options	Examples of Sections/Tabs	Examples of Content
<p><u>Keep it Simple</u></p> <p><i>This option has the mentor or organization hand out pages as needed.</i></p>	None, add as you go	Some blank pages and a few “starter” worksheets, e.g. goal setting.
<p><u>Paced</u></p> <p><i>This option has a planned schedule of handouts and the binder grows month-by-month.</i></p>	Purpose, Vision, Goals Any/all Dreambook worksheets	Beliefs, Needs/Wants, etc.
<p><u>Complete</u></p> <p><i>This option provides a very full (1”) binder upon receipt.</i></p>	Program overview Any/all Dreambook worksheets Family Resource Binder Life Skills	Info about the agency program Beliefs, Needs/Wants Prayers Budget template, important papers Full set: core and electives

Discussion:

- Mentoring process. The mentor serves a critical role as a guide. Encouraging journaling or homework and then following up to see if goals have been accomplished is essential.
- Agency process. Mentoring relationships can be structured or unstructured. If the agency has a defined process, then the binder should reflect that process.
- Value. Ideally, each mentee sees this as a gift and a way of adding value to their life journey. The reality is that everyone will react in their own way, from indifference to excitement.
- Printing costs. A full single binder (printing, binder and tabs) could easily cost \$10 or more. Each agency is responsible for its own printing. Adding life skills lessons would greatly add to the cost.
- Version management. A full binder is not very flexible. Ideas on which pages to include and the actual page content will change over time and so the “full book” option may look out-of-date after a while.
- Family resources. This includes things such as meal planning template, babysitter resource numbers, important papers, etc. It is an organizational tool rather than a personal development tool.

More Details on Dreambook Options

You are only limited by your imagination. Some worksheets are best used in a workshop setting or guided by a mentor. Note that this is still just a small portion of the resources on the LSN Member site. See Tools and Templates section of individual [Wiki Pages](#).

Tab Idea	Content Ideas
Agency Overview	<ul style="list-style-type: none"> • Program mission and vision • Program schedule • Staff names and contact info
Life Plan	<ul style="list-style-type: none"> • Life Purpose Statement • Life Purpose Worksheet • Goals Worksheet (by domain) • Wheel of Life Worksheet • Talents & Strengths • Values • Beliefs • Life Roles (with Vision and Goals) • Quality of Life Assessment (see worksheet in Reading/Life Skills/Life Plan folder) • 10 Questions (from LWP slide) • Bucket List • Blank pages for journaling
Spiritual	<ul style="list-style-type: none"> • Prayers • Devotions for reflection • Spiritual Gifts
Job & Career	<ul style="list-style-type: none"> • Tell Me About Yourself Worksheet • Career Plan • Resume (various templates are offered) • Interests, Skills, Values, Experiences Worksheet
Money Management	<ul style="list-style-type: none"> • Long-term Budget (see Advanced Budget Worksheet on the Budgeting Wiki page) • Needs and Wants Worksheet
Other Life Skills	<ul style="list-style-type: none"> • Any of the LSN 2-page lessons (contact Tony)
Family Resources	<ul style="list-style-type: none"> • Meal planning template • Important papers, e.g. copy of car insurance paperwork • Emergency contact list