READY TO USE MENTORING

# Quick-win bingo

Holly is 17, just finishing her A levels and not great at decision-making and completing tasks. This frustrates her as she has so many ideas and dreams. So, for the summer I’ve created the following device to help focus her mind on what she wants and needs to accomplish before heading off to uni. Not only will this make her summer more productive, fun and organised, it will also help her organisational skills and encourage her accountability skills via regular communication about low-level quick wins. It breaks down the assumption that accountability means guilt, fear of failure or panic, and is only about big goals or issues.

## What to do

Create a grid of about 24 or 30 boxes. The easiest way is to create a (landscape) Word document and insert a table of six by five cells and specify the row height as 3cm, but you can do it equally well in a spreadsheet. Chat with your mentee about aims, goals and tasks to complete over the summer. Aim for only one or two to be harder, more specific goals; include some easier, more enjoyable tasks, dateable experiences and time-constrained, measurable growth points. Say that they should message you every time they complete a task, with their thoughts about how it went and what it made them think about – and also to check in if they slow down or come up against obstacles they need help with.

For Holly her tasks included:

1. Run a sub-30-minute Parkrun
2. Watch the sunrise somewhere beautiful
3. See live music
4. Contact an old friend to arrange a catch-up
5. Sort out and donate or sell old clothes
6. Ten press-ups every day
7. Journal once a week
8. Read the book of Acts
9. Explore and start driving lessons
10. Create a kit list for uni
11. Tidy desk and throw away all the stuff that’s no longer needed
12. Write a gratitude list
13. Thank an adult who has been influential to you
14. Complete a random act of kindness
15. Spend 30 minutes being thankful in prayer

Ideally each box should have a short title and space around it to scribble details, if it is a bit complicated or as time goes on to record how and when etc. (An argument for having fewer tasks is that you get more scribble room!)

To make it fun, especially for younger mentees, make it look like an Advent calendar: print it off a second time but with all the text removed and fun emojis or photos in each box and a number. You could try to align the number of boxes with days or weeks available so they can open one or two per week, or one a day, as a daily challenge. Some, such as random act of kindness, prayer or litter picking, could appear more than once. Check in about the whole process at the end of August! It could be a strategy to use in future – for revision periods, project management or just ongoing mental or spiritual health.

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