

YOUTH DRIVEN GOALS

(For more ideas, refer to the [Match Activity Ideas](#) list)

| CATEGORY: SKILLS "Learn/Practice/Strengthen" | IDEAS |
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| 1-4 Month Goal: Relationship Development | <p>To have and build a friendship</p> <ul style="list-style-type: none"> • Meet on a consistent basis • Have open communication with each other about outings and setting up visits |
| Competence (Life Skills) | <ul style="list-style-type: none"> • Plan, shop for, and cook a meal • Bake • Knit, crochet, sew, mend clothes/buttons • Draw/paint something • Do laundry • Wrap a gift • Mow the lawn • Hammer a nail • Build something • Put up a tent |
| Confidence (Physical skills) | <ul style="list-style-type: none"> • Swim • Bike • Throw • Kick • Catch • Paddle a canoe/kayak • Read a map/navigate the city (geocaching) • Learn to tie knots • Learn a new sport • Do sport or physical activity ____ times each month |

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| Caring/Compassion (Charity) | <ul style="list-style-type: none"> • Volunteer • Make/buy gift for someone or a cause • Write a kind letter to someone • Do a kind deed |
| Confidence (Leadership, Growth, and Empowerment) | <ul style="list-style-type: none"> • Connect to community resources • Explore community resources that can support youth in obstacles they may be facing • Try new activities in the community |
| Connection (Educational skills/Learning and Career Development) | <ul style="list-style-type: none"> • Read • Write/journal • Create a budget • Study for learner's/driver's exam • Write a letter & address an envelope • Create a resume/hand out resume • Fill out a job application • Do a mock job interview • Study ____ number of times a month together • Research a country/animal/sport/music genre/art period • Create a presentation about the topic • Work on anger management • Visit libraries |
| Character (Develop inner strengths) | <p>Topics to address/build knowledge and skills in:</p> <ul style="list-style-type: none"> • Anxiety • Anger management • Depression • Concentration • Grief/Illness • Divorce/missing a parent |

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| | <ul style="list-style-type: none"> • Self-esteem/confidence • Social skills/building friendships • Strategies to deal with bullying <p>Strategies for growing in the areas listed above:</p> <ol style="list-style-type: none"> 1. Talk about it, share personal experience or thoughts about it 2. Visit the library and find books about it, read them together 3. Ask your MF to connect to other resources |
| Mentees 14+ years old | <p>The agency has a Youth Employment program and offers support with employment, career and post-secondary readiness and connections. We host events and promote community activities for matches to attend. There is a monthly email list to get more information about the activities</p> <p>Some goals related to this are:</p> <ul style="list-style-type: none"> • Building a resume • Interview skills • Checking out a post-secondary campus • Filling out job applications • Learning about career opportunities or post- secondary programs offered |