

PRACTICAL APPLICATION FOR THE MENTOR:

The journal should be in the VIP's room for easy access to record today's success and review tomorrow's to-do list.

CASE STUDY: My nephew is in the Cub Scouts; the time has come for him to build a pinewood derby car (an annual project for the Cub Scout and his mentor to do together).

My brother has two options:

1. build the car with his son with out recording the process.
2. take the time to teach his son that in order to accomplish Things of Value, multiple steps are required.

By following the Believe, Achieve, Live Life with Vision program, my brother would make sure his son enters this activity in his journal.

Values-Based category = **Recreation**

Long-term goal = build and race a pinewood derby car

Mid-term (benchmark) = design the car

Short-term = research on the Internet and in magazines for a design

Short-term = draw the design on paper

Short-term = apply the design to the wood block

Mid-term (benchmark) = build the car

Short-term = cut the wood block

Short-term = sand the car

Short-term = paint the car

Mid-term (benchmark) = prepare the car for racing

Short-term = insert weights

Short-term = apply graphite to the wheels

Short-term = RACE THE CAR!!!

Benefits:

1. By having small celebrations when the short-term goals are achieved and a big celebration when the long-term goal has been realized, you will strengthen the bond between you and the future VIP.
2. The future VIP will learn that steps are required when trying to accomplish Things of Value.
3. There will be enhanced focus on accomplishing a task or a series of tasks (to-dos).
4. As the mentor, you can encourage the VIP to explore activities outside of their comfort zone. Presenting them with nine (or fewer) simple tasks is easier for them to digest than simply telling them to start doing something they do not really want to do.
5. Recording success will build momentum for the next long-term Values-Based Goal. Once you "prime the pump," the youth will start developing their own ideas and seeking you out for advice and encouragement.

It will be up to you, the mentor, to capture the activities you are already doing with your future VIP and apply this system so that they realize the value of setting goals. Of course, being creative and thinking of things outside of the current activities will have an even greater impact.

Accomplishing Things of Value takes time ... by implementing the journal activity, your future VIP will surely learn this lesson.