
Twenty-One Questions

Ask your mentee to write the answer to any or all questions in whatever order he/she wishes. When he/she has finished ask him/her to discuss his/her answers. Make “I learned...” statements, or discuss how the assignment made him/her feel. Your mentee may want to record his/her responses in a journal.

1. What would you like to do, have, and accomplish?
2. What do you wish would happen?
3. What would you like to do better?
4. What do you wish you had more time for?
5. What do you wish you had more money for?
6. What more would you like to get out of life?
7. What are your unfulfilled ambitions?
8. What angered you recently?
9. What made you tense or anxious?
10. What have you complained about?
11. What misunderstandings did you have?
12. With whom would you like to get along with better?
13. What changes for the worse or better do you sense in the attitudes of others?
14. What would you like to get others to do?
15. What changes will you have to introduce?
16. What takes too long?
17. What are you wasting?
18. What is too complicated?
19. What obstacles or blocks exist in your life?
20. In what ways are you inefficient?
21. What would you like to organize better?

This is also a good time to introduce goal setting to your mentee as a technique for gaining control over his/her life and achieving at least one of the things mentioned on the above.

M/H

100 Ways to Enhance Self-Concept in the Classroom, a Handbook for Teachers and Parents by Jack Canfield & Harold C. Wells (Allyn and Bacon, A division of Simon & Schuster, Inc. 1976) P.173