



**The Everyday Us Living**  
**Mentoring Sheets**



## Dear Fellow Parents,

One of the most meaningful things we've done as parents is set aside **one-on-one mentoring time** with each of our children each week. In the midst of busy schedules and the daily hustle, this simple practice has given us **a window into their world**—their struggles, their wins, and the little things that matter most to them.

That's why we created this **Mentoring Session Sheet**.

Each week, we sit down with our child for **30 minutes of intentional connection**—just them and a parent, no distractions. We go through:

- ✓ Their highlights from the week
- ✓ Goals they're working on—physical, educational, and spiritual
- ✓ Strengths they're developing and struggles they're facing
- ✓ A fun goal for the week
- ✓ Something they need from Mom or Dad

It's incredible how much **kids open up** when they know they have your full attention. They love this one-on-one time, and honestly, so do we! It helps us guide them with **love and purpose**, ensuring they feel seen, heard, and supported in every season of life.

If you want to start your own **weekly mentoring tradition**, this simple sheet makes it easy! Download it, set a time, and enjoy **deepening your connection** with your children. You'll be amazed at the impact!

**Let's build stronger families together, one conversation at a time.**

We are with you in the journey,  
**The Everyday Us Family**



# Mentor Session

Date: \_\_/\_\_/\_\_

Parent Conducting: \_\_\_\_\_

Exciting News: \_\_\_\_\_

## Weekly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Progress on Religious Goal: \_\_\_\_\_

New Religious Goal: \_\_\_\_\_

Progress on Previous Physical Goal or Commitments: \_\_\_\_\_

This Week's Physical Goal: \_\_\_\_\_

Progress on Previous Educational Goal or Commitments: \_\_\_\_\_

This Week's Educational Goal: \_\_\_\_\_

Developing Strengths: 1) \_\_\_\_\_ 2) \_\_\_\_\_

Overcoming Struggles: \_\_\_\_\_

New Commitments: I, \_\_\_\_\_ Commit to \_\_\_\_\_

Signed \_\_\_\_\_ Witnessed \_\_\_\_\_

Fun Goal for the Week: \_\_\_\_\_

Date with Dad/Mom: \_\_\_\_\_

What Do I Need From Mom/Dad: \_\_\_\_\_

How Is My Relationship To Parents and Siblings: \_\_\_\_\_



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This Week's Educational Goal: \_\_\_\_\_

Developing Strengths: 1) \_\_\_\_\_ 2) \_\_\_\_\_

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