

Never Quit Mentoring Conversation Sheet

1. When do you feel like quitting? (running in PE, doing math, doing your homework, reading a book, writing a paper, studying?)
2. Do you feel like giving up on something right now? What will you do? Why?
3. What are some excuses some people come up with for quitting?
4. How will you show that you are not a quitter (in your sport, in your classes, at home, in life)?
5. What happens to quitters in life?
6. What happens to those who refuse to quit when life gets hard?
7. Tell a story of how you felt like giving up on something but you kept working at it and everything turned out good, because you persevered and did not give up. (Mentors can tell a personal story of perseverance, too)
8. Mentors: Tell a story of someone who you know or heard of that kept going in the midst of great challenges.
9. What is a goal that you have that will take a lot of hard work and perseverance to accomplish?
10. What challenges and obstacles will you probably face in trying to reach that goal?
11. How will you keep going when you face these challenges?
12. Who do you know that may need you to encourage them to not give up on something?
13. How will you encourage them?