

**Guide Log**  
(due to Coach by 5<sup>th</sup> of each month)



**Guide Name:**

**Date:**

**Explorer Name:**

**Period Reporting:**

(Month & Year)

**Journey:**

(e.g., 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup>)

**Month #:**

(e.g., 1<sup>st</sup> – 12<sup>th</sup>)

**I. Relationship Progress:** (How are things going with your Explorer?)

**II. Observations of Strengths/Challenges:** (e.g., Resiliency Traits: social competence, autonomy/identity, problem-solving skills, sense of purpose/future—see below)

**III. List this Month's Activities/Outings:** # \_\_\_\_\_

(Please describe each outing specifically e.g., March 19<sup>th</sup>: trip to zoo & lunch at Seratella's - 3 hours).

- 1.
- 2.
- 3.

**IV. Other:** (e.g., comments, concerns, requests for support)

**RESILIENCY TRAITS**

**Social Competence:** empathy and caring for others; communication skills (assertiveness, listening, writing, creative expression); cross-cultural competence

**Autonomy/Identity:** self-efficacy; internal locus of control, mastery; self-awareness; distancing (detaching from negative influences)

**Problem-Solving Skills:** planning and goal-setting; decision-making; conflict resolution/negotiation; resourcefulness

**Sense of Purpose and Future:** special interest; imagination; goal-direction; achievement motivation; educational aspiration; persistence; optimism; faith/spiritual connection; coherence/sense of meaning