

GOAL SETTING WORKSHEET

DATE :

Mentee	Mentor
<p>1. List of my TOP GOAL(S) in order of priority?</p> <ul style="list-style-type: none"> • _____ • _____ • _____ • _____ 	<p>1. What are my GOAL(S) from this relationship?</p> <ul style="list-style-type: none"> • _____ • _____ • _____ • _____
<p>2. Is my goal SMART?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Specific: <input type="checkbox"/> Measurable: <input type="checkbox"/> Attainable <input type="checkbox"/> Relevant: <input type="checkbox"/> Time-bound: 	<p>2. Is my mentee's goal SMART?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Specific: <input type="checkbox"/> Measurable: <input type="checkbox"/> Attainable <input type="checkbox"/> Relevant: <input type="checkbox"/> Time-bound:
<p>3. Some background/issues/challenges about me that my mentor should be aware of.</p> 	<p>3. Some background/issues/challenges about me that my mentee should be aware of.</p>
<p>4. Areas that I may be able to bring value to my mentor:</p> 	<p>4. How can I best help my mentee?</p>