

Name: _____

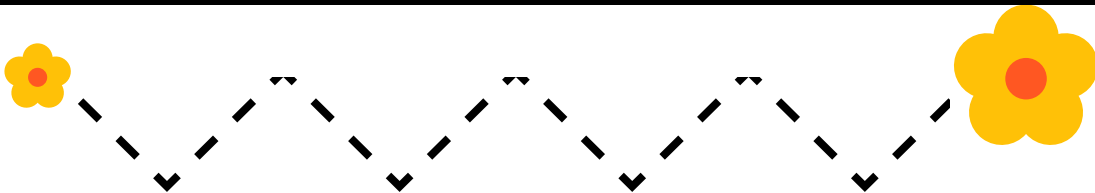


MAKING GOALS

Specific

I am here now: _____

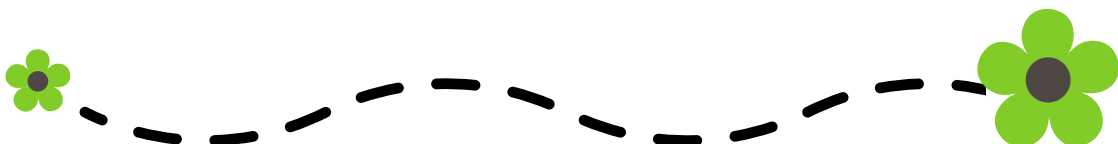
What exactly do I want to accomplish? Make a short statement that includes purpose and rationale.



Meaningful

Why is this goal important? _____

How will meeting this goal change your life: _____





Timely

By when you you want to achieve the goal? _____

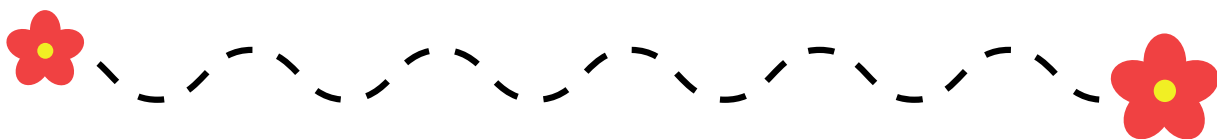


Action Plan

By when you you want to achieve the goal? _____

Steps in meeting it:

1. _____
2. _____
3. _____
4. _____
5. _____





Mentor Discussion

Is the goal specific enough? Is there a What, When, and How component?

Can it be obtained in the time stated?

Is the mentee motivated enough to work actively on goal?

Do the steps make sense?

Can there be more clarification about any of the headings?

Focus on success. You can review a victory in own life or another person in same situation.

Encourage mentee that they are capable to meet the goal.

Help with any misconceptions or hindrances encountered during the process.





Quote

**“When someone encourages you,
that person helps you
over a threshold
you might otherwise
never have crossed
on your own.”**

John O'Donohue

