**Goalsetting Worksheet for Mentoring**

1. **SET YOUR GOAL:** (clearly describes the expected state and date of achievement + is measurable)

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| 1. **CURRENT STATE**

1-5 keywords that describe your current situation | 1. **DESIRED STATE**

1-5 keywords that describe your current situation | 1. **ACTION PLAN**

Specific activities to go from current to desired state |
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| WHY DO YOU NEED TO ACHIEVE THIS GOAL? |
| **3 PAINFUL REASONS**What are the bad consequences if you do not achieve this goal? | **3 PLEASURABLE REASONS**What improvements will you have in your life after achieving this goal? |
|  |  |
| **RESOURCES I CAN USE**(What strengths, talents, contacts and experiences do you already have that can help you achieve this goal?)1.2.3. | **NEED TO DEVELOP**(Moment of truth: what do you have to change in your attitude or habits to succeed in achieving this goal?) 1.2.3. |

FIRST STEP: (One specific thing you will do immediately today to start moving towards your goal)