**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? |
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| **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)