

Tool 5 – Goal Setting Worksheet

Goal Setting Worksheet	
Date:	
Mentee	Mentor
1. List of my Top Goal(s) in order of priority	1. What are my goals from this relationship?
2. Is my Goal SMART?	2. Is my mentee's goal SMART
Specific:	Specific:
Measurable:	Measurable:
Attainable:	Attainable:
Relevant:	Relevant:
Time-bound:	Time-bound:
3. Some background/issues/challenges about me that my mentor should be aware of.	3. Some background/issues/challenges about me that my mentee should be aware of
4. Areas that I may be able to bring value to my mentor:	4. How can I best help my mentee?