

Mentee Goal-Setting & Readiness Worksheet

Name:

Email:

1. Your Current Situation

In 2–3 sentences, describe your current role, stage, or focus area:

2. Focus Areas for Mentoring (Select up to three)

- ☐ Career exploration or transition
- ☐ Professional skill development
- ☐ Leadership or management skills
- ☐ Workplace confidence or communication
- ☐ Education or training planning
- ☐ Work–life balance or time management
- ☐ Networking or relationship building
- ☐ Personal growth or self-direction
- ☐ Other: _____

3. Identifying Your Primary Actionable Goals

What is your primary (top, #1) goal?

Why is this goal important to you right now?

How will you know you've made progress or succeeded?

5. Desired Support from a Mentor

- ☐ Advice and perspective
- ☐ Skill-building guidance
- ☐ Accountability and goal tracking
- ☐ Career or life experience sharing
- ☐ Networking opportunities
- ☐ Encouragement and confidence-building

Describe your ideal mentor (experience, background, or qualities):