

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):