**Mentoring Goals**

Instructions: What are the professional goals you would like to focus on with the support of your mentor? Make sure to write your goals using the SMART format:

**S**pecific: What exactly would you like to accomplish?

**M**easurable: How will you know that you have accomplished the goal?

**A**ppropriate: Is this a goal your mentor can help you to achieve?

**R**ealistic: Is the goal within the parameters you have set?

**T**imely: Is this the right time to work on this goal?

Complete this form on your own, and then for each goal, work with your mentor to develop the action steps that will help you succeed.   
  
GOAL ONE:

ACTION STEPS:

GOAL TWO:

ACTION STEPS:

GOAL THREE:

ACTION STEPS: