FOR MENTORS & MENTEES

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Setting and Reaching Goals

Here is a worksheet to help both of you find ways to goals. Use the blank spaces to help each other brainset goals and identify steps toward reaching those storm ways to achieve your individual goals.

Experiences I Might Want in My Life	What I Might Need to Know About	Ways I Could Find Out about These Things	What Else I Might Need to Make It Happen
To go to trade school, college, or university	 What I like to do What I'm good at What kinds of schools are available and their cost How to complete admission and loan applications 	 Ask people with interesting jobs to let me "shadow" them for a day Join clubs to find out what interests me Get help from a librarian or career counselor to find out about schools 	 A quiet place to study Someone to take me on a college tour
To be a professional athlete	 What skills I need to play a particular sport What the sport's rules are How to stay motivated How to manage the money I make How the muscles of my body work 	 Take physical education classes and join sports teams Talk with coaches Read autobiographies of great sports figures Study math and accounting to learn about money management 	Someone with a driver's license to give me rides to and from practice

CONTINUES →

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SETTING AND REACHING GOALS 46

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Experiences I Might Want in My Life	What I Might Need to Know About	Ways I Could Find Out about These Things	What Else I Might Need to Make It Happen

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