

Mentor for one action plan worksheet

1. SET YOUR GOAL: (clearly describes the expected state and date of achievement + is measurable)

2. CURRENT STATE 1-5 keywords that describe your current situation.	4. ACTION PLAN Specific activities to go from current to desired state.	3. DESIRED STATE 1-5 keywords that describe your expected situation.

WHY DO YOU NEED TO ACHIEVE THIS GOAL?	
3 PAINFUL REASONS What are the bad consequences if you do not achieve this goal?	3 PLEASURABLE REASONS What improvements you will have in your life after achieving this goal?

RESOURCES I CAN USE (What strengths, talents, contacts and experiences you already have that can help you achieve this goal?):	NEED TO DEVELOP (Moment of truth: what do you have to change in your attitude or habits to succeed in achieving this goal?):
1.	1.
2.	2.
3.	3.

FIRST STEP: (One specific thing you will do immediately today to start moving towards your goal):