

Mentorship Guide **// Goals and Goal Setting //**

Begin in prayer together.

Take some time to discuss their life since you last met. You're more than welcome to share your answers as well. Some questions to ask:

What's been the highlight of your week?

What are you currently excited about?

What's a goal that you've achieved before?

Discuss their journey in setting and achieving goals. Some questions to ask:

What's the purpose and impact of setting goals?

How do you go about setting goals for yourself?

Do you ever return to adjust and refine your goals? Why can that be helpful?

What are your current short-term goals?

What are your current long-term goals?

How can you seek help in achieving those goals?

Set a plan for achieving one of their short-term goals before you meet next.

Before completing your conversation:

Establish another time to meet

Choose a topic to focus on for next time

Close in prayer. Share any intentions that can be prayed for.