





Desirable

What is the mentee passionate about? Personal development goals need to focus on the individual's top priorities.



Feasible

Goals must be realistic and attainable, yet not too simplistic. Three goals should be set at one time.



Measurable

How will the goal be reached and what will success look like? What will the mentee do, feel or know as a result of attaining the goal?



Written, not mental or oral

Writiing down a goal and sharing it with someone increases the likelihood of it being reached.



Variety of goals

Goals should be a mixture of professional, personal, financial, community and health.

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