

# IMT MENTORSHIP GOAL SETTING

Do you set goals for your life?	Yes / No
Do you write them down?	Yes / No
Do you take action on your goals and regularly measure them?	Yes / No
Do you believe that life can be anything you want it to be?	Yes / No
Do you believe that you can change?	Yes / No

What do you most value in life?

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Why?

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What motivates you to get out of bed in the morning?

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Do you spend time on yourself?	Yes / No
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If yes, what do you do, in what form, how often and how long?

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If no, why not?

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Do you read?	Yes / No
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If yes, what type of reading?

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What was the last seminar, course, professional development you attended / completed?

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What motivates you as a Health Professional?

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What is the main thing you would like to work on and why during this mentorship?

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What are your 3 goals for this mentorship?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Write down one personal goal and one professional goal for the following time line.

	PERSONAL	PROFESSIONAL
6 MTHS		
1 YEAR		
2 YEARS		
5 YEARS		
10 YEARS		

Write down your ultimate goal as a health professional?

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