Protégés can use this form to think about what needs to be done as they move through the mentoring relationship; fill out this questionnaire prior to each mentoring session. Protégé recaps progress made since last session and prepares for immediate next step(s).

For a goal you are working on, use the questions below to monitor your progress and to establish intentions for continuing to move ahead.

My goal: Click here to enter text.

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| How am I generally feeling about reaching this goal right now? | Click here to enter text. |
| What two actions did I take this week to lead me closer to my goal? | Click here to enter text. |
| What stood in the way of my forward movement this week? What do I want to do about these obstacles? | Click here to enter text. |
| What aspect of this goal do I want to discuss in my upcoming mentoring session? | Click here to enter text. |
| What are my intentions around this goal for the coming weeks? | Click here to enter text. |