

# Commitment Worksheet

**Goal area:** \_\_\_\_\_

**Mentees:** List your top five goals below, remembering to make them specific, measurable, and most of all achievable! Also list the results you'd like to see by accomplishing this goal.

**Mentors:** Help set reachable timelines for the mentee to achieve their goals, as well as resources or specific steps that will help them be successful.

I will achieve:	Date to be completed:	The changes I hope to see by accomplishing this goal are:	Resources and steps to help me succeed:

**Next level steps for the mentee:**

Create your own action plan for weekly/monthly activities to keep moving forward!