**Mentorship SMART Goal Worksheet**

*"I am not a teacher, but an awakener." ― Robert Frost*

Bay Area Mobility Management both welcomes you and shares in your excitement as you embark on your mentorship!

The BAMM organization believes that our people are our greatest assets; and we are committed to helping our members strategically develop their individual talent while raising the collective knowledge capital of Bay Area Mobility Management. Your participation is integral in supporting our organization’s ability to attract, develop, and foster an environment of knowledge sharing between our members.

Congratulations for investing in your own personal and professional success; and a sincere thank you for cross-sharing your individual talents with your peers!

**The purpose of this worksheet is to assist you in understanding, framing, and aligning your desired outcomes with your mentorship counterpart.**

SMART goal-setting suggestions: **Go for Your Goals!**

* **Specific**: A specific goal has a much greater chance of being accomplished than a general goal.
* **Measurable**: Establish concrete criteria for measuring progress toward the attainment of each goal you set.
* **Attainable**: When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them.
* **Realistic**: To be realistic, a goal must represent an objective toward which you are both *willing* and *able* to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be.
* **Time-based**: When your goal is timely and/or tangible you have a better chance of making it specific and measurable and thus attainable.

**Please write three or more desired outcomes and share and discuss with your mentorship counterpart.**

1.

2.

3.

**Thank you for your support and commitment to BAMM and have FUN!**