



Date: _____

To get the most from your mentorship meeting, it is ideal to spend a few moments preparing for it. Use this tool for each of your meetings. Keep a copy for yourself and give a copy to your mentor for them to keep as well.

What do I want to accomplish or did I accomplish since our last meeting? *(List any number of things that are "wins" or "positives" for you.)*

What didn't I get done, but I want to be held accountable for?

Challenges I am facing now:

What I am appreciative, grateful or thankful for?

What are the goals of my meeting today with my AWT mentor?

List what I am committed to doing by our next Mentor/Protégé meeting:

Any additional notes:

OUR NEXT MEETING IS...