



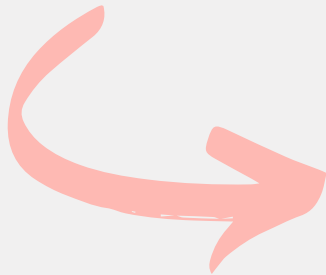
The Mentorloop Goal-Setting Framework



Figure Out Your Goals

For about 5 minutes, do a brainstorm/ mind-dump of all short, medium, or long term goals that come to your mind - anything and everything.

Look through, curate, and prioritise the goals you wish to place on your formalised goal-sheet.



Create Three Types of Goals

Habit-Forming Goals

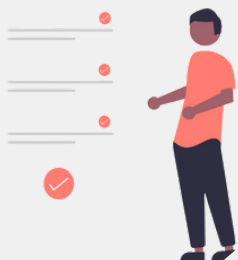
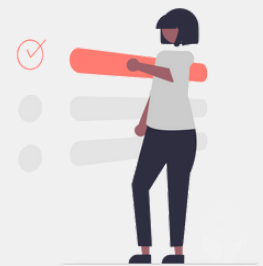
Goals that you would like to see become habitual behaviours. It takes between 21-60 days to form a habit set the goal at between 4-8 weeks

Reach Goals

Goals that you have to take a few significant steps to 'reach'; can likely be achieved in between 3-12 months.

Stretch Goals

Goals that are out of reach for you right now, very aspirational, and are likely 2-5 years away.



Create Three Phases for Each Goal

Phase 1: Just take a step. Make it very easy to achieve.

Examples: Register for 2 networking events; Register a website domain; Download a meditation app; Come up with a morning routine

Phase 2: The meat of the goal, the main action phase

Examples: Meet up with two executives; Build a working version of a website; Meditate for 10 minutes everyday; Follow your new morning routine every weekday

Phase 3: Home stretch. Close the goal and unlock new potential goals.

Examples: Send emails to get feedback from people you've met at networking events; Begin blogging on your new website; Maintain your meditation habit; Maintain your morning routine



To learn more about how to foster a productive mentoring relationship, check out our eBook:

[The 10 Qualities and Habits of Highly Effective Mentors](#)

(Tip: It's not just for mentors 😊)