**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Internship period\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Take some time to think through the personal and career goals you hope to achieve through this internship and mentorship programme. Discuss your goals with your mentor and examine your progress periodically.

|  |  |
| --- | --- |
| **GOAL**  **1** | Why is this your goal? |
| What are some of the personal barriers to success? |
| What are the resources and support you require to achieve this goal? |
| How will you measure your progress towards achieving this goal? |

|  |  |
| --- | --- |
| **GOAL**  **2** | Why is this your goal? |
| What are some of the personal barriers to success? |
| What are the resources and support you require to achieve this goal? |
| How will you measure your progress towards achieving this goal? |

|  |  |
| --- | --- |
| **GOAL**  **3** | Why is this your goal? |
| What are some of the personal barriers to success? |
| What are the resources and support you require to achieve this goal? |
| How will you measure your progress towards achieving this goal? |

|  |  |
| --- | --- |
| **GOAL**  **4** | Why is this your goal? |
| What are some of the personal barriers to success? |
| What are the resources and support you require to achieve this goal? |
| How will you measure your progress towards achieving this goal? |