

Finding and Setting Personal Goals–Brainstorming



Goals can be understood as mental anticipation of future final states which could be achieved through the action of individuals within a team, a group, in organizations or in society (Federal ministry for family, seniors, women and young adults, 1999, p.11). Ideas of goals that are formulated during brainstorming in the mentoring process as well as ideas that are shared with the mentor or mentee can be documented in the following table:

Own Ideas	Common ideas or defined agreements
Which goal(s) do I want to achieve ?	Which goal(s) do I want to achieved?
<hr/> <hr/>	<hr/> <hr/>
What steps can be taken to achieve this/these goal(s)?	What steps can be taken to achieve this/these goal(s)?
<hr/> <hr/>	<hr/> <hr/>
How can you measure the achievement of the goal(s)?	How can you measure the achievement of the goal(s)?
<hr/> <hr/>	<hr/> <hr/>



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Own Ideas	Common ideas or defined agreements
What/ who can help to achieve the goal(s)? <hr/> <hr/>	What/ who can help to achieve the goal(s)? <hr/> <hr/>
What/ who can be a barrier to achieve my goal(s)? <hr/> <hr/>	What/ who can be a barrier to achieve my goal(s)? <hr/> <hr/>
The worst thing that can happen if the goal(s) will not be achieved? <hr/> <hr/>	The worst thing that can happen if the goal (s) will not be achieved? <hr/> <hr/>
What is changing in regard to the achievement of the goal(s)? <hr/> <hr/>	What is changing with regard to the achievement of the goal(s)? <hr/> <hr/>

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