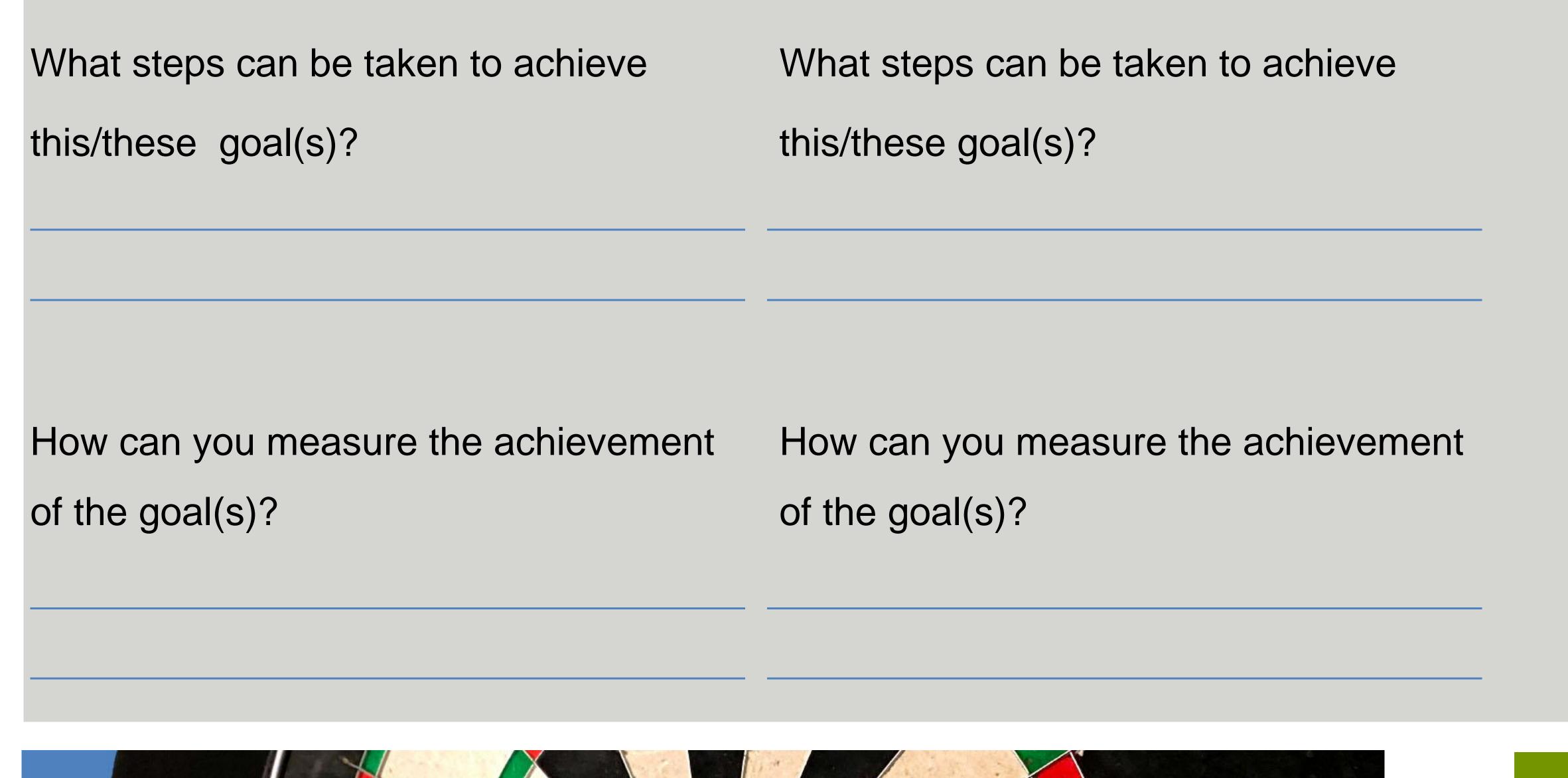
## Finding and Setting Personal Goals–Brainstorming

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?

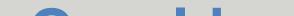


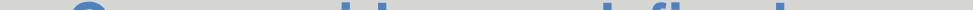


## Finding and Setting Personal Goals-Brainstorming



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as

What/ who can help to achieve

the goal(s)?

**Common ideas or defined agreements** 

What/ who can help to achieve

the goal(s)?

## What/ who can be a barrier to achieve my goal(s)?

What/ who can be a barrier to

achieve my goal(s)?

The worst thing that can happen if the The worst thing that can happen if the goal(s) will not be achieved? goal (s) will not be achieved? What is changing in regard to the What is changing with regard to the achievement of the goal(s)? achievement of the goal(s)?

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ntercultura Mentorin

**GEFÖRDERT VOM** 



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