

MENTOR TOOL 02

Goal Review

Help youth notice progress and adjust the plan.

Goal review is not about judging performance. It is a chance to recognize effort, learn from barriers, and decide what to try next.

Review the goal

- Ask what the youth hoped would happen.
- Notice any progress, including partial progress.
- Identify what got in the way without blame.

Choose the next step

- Keep the next action realistic.
- Ask what support is needed.
- Let the youth have a voice in the plan.

GROW reminder: Strong support begins with listening, connection, and one useful next step.

Make it yours

Reflection and action page

Use this page to choose a practical next step and identify the support you need.

What stands out to me from this guide?

What is one action I can take this week?

Who can support this next step?

My commitment: The next step we will review is:

This resource is educational and is not a substitute for emergency, medical, mental health, or professional support. If you or someone else may be in immediate danger, contact local emergency services.