

In 5 Years?

For this exercise, give the person you are mentoring a blank piece of paper and ask one question at a time, getting the person you are mentoring to write down their answers.

1. How old are you now?
2. How old will you be in 5 years?
3. In point form, write down what you want your life/relationships to be like in 5 years?
This should include your key relationships, financial situation, ministry and other goals. Once the mentoree has written down their answers, discuss what they have written and ensure the goals are specific.

Examples;

- Married
- Seeing my kids finish High School doing the best they can
- Finished my education
- Working as a teacher
- Serving God on the mission field
- Purchased a house and paying off the mortgage

4. Now number the areas of life in order of importance.
Once this is done, ask why they put their goals in the order they did?

5. What are the things you need to do to achieve these goals?
This question gets the mentoree to think about the strategic things they can do to achieve their goals. The reality is, most people do not set deliberate goals. Most go about life, moving from one life situation to the next, without much thought of what will be the result of their actions. But if we are deliberate about achieving our goals we will achieve much more.



6. What are the things you are doing now that are helping you achieve your goals?
This question gets the mentoree to assess their life now and see the things they are doing that are helping them achieve their goals.
7. What are the things you are doing now, that are not helping you achieve your goals?
This question gets the mentoree to assess their life now and see the things they are doing that are not helping them achieve their goals.
8. Now think about the future. How are your future decisions going to be affected by your goals?
In other words, as opportunities arise for us in life, we need to think whether the opportunities help us achieve our goals, or whether they distract us from our goals. If they distract we need to consider strongly whether we should be doing them. This needs to be flexible, because as we grow, our goals change and God may interrupt where we are headed, then we must obey Him and change our goals accordingly. However, the principle is a good one.