

Diary

Mentee / Mentor

Name	Date of meeting
Place	Time
1. Main topics covered today?	
2. My movement towards goal achievement	
3. What is going well?	
4. What is a problem and why is it a difficulty?	
5. Things that I can do or ask mentor for help with to deal with the problems	
6. Attitudes that need to be changed to deal with the problem	
7. What was agreed to be done before the next session?	
8. Date of the next session	
9. Topic or agenda for our next session	
10. New insights from today's session	
