



Women Mentoring Women to Success

**RAISING H.O.P.E**

Help • Opportunity • Passion • Empowerment

# R.A.I.S.E

WEEKLY SUCCESS TRACKER

Helping your mentee stay on track to achieve their goals requires structure, consistency, contingency plans, clarity, purpose and accountability.

Your Weekly R.A.I.S.E. Success Tracker will help you and your mentee succeed... together!

We focus on 5 areas each week to support your mentee's success:

1. Reflect & Reset
2. Actions & Accountability
3. Interference
4. See & Feel Results
5. Environment



## 1. Reflect and Reset

First step: Ask what Action Steps they accomplished since your last meeting. What went well? Gratitude and valuing the positive is key. Also, we want to reflect on what didn't go so well, so we can turn it around as fast as possible. Help your mentee set the reset button and keep moving forward! **Perfection is not the goal! Forgive and reset!**

## 2. Actions & Accountability

This can seem relatively simple... "I'm going to do this, this and this." Where your mentee can get stuck is in the details before new and better habits are formed. For example, they say, "I will Drop off my job application this week". What can happen is they didn't set up when and what time, *AND* they have a habit of being late in general. Get them to commit to a day and time *AND* how they will stay accountable! For example, putting it on their phone calendar and setting an alert to go off. **New actions and habits require detailed planning.**

## 3. Interference

Life can get in the way! Some things are habitual and some things are unexpected. Help your mentee identify what could get in the way of taking their Action Steps. Set up a "What I will do when that happens" contingency plan. **Knowing what to do when things fall apart helps us keep moving forward in the face of adversity!**

## 4. See & Feel Results

Visualizing in detail gets us motivated! You must be able to clearly see the results or old habits start to look and feel safe and familiar, even if they don't serve us. **Have your mentee create a very detailed picture of how it will look and feel** after they take their action steps. **This motivates them to get out of their comfort zone by anchoring their *WHY*.** If YOU cannot get a detailed visual with what they've described (not what YOU THINK it looks like) ask for more detail!

## 5. Environment

Our environment plays a big part in our success in life. **Ask your mentee what they need to put in place or remove to help them grow.** Do they need to organize something, put a calendar on the wall that they fill in, commit to light cleaning daily, get the kids to help in a reasonable way... dishes, clean up, getting dressed, cooking, laundry, homework... etc.? Do they need to stay clear of someone who is negative or unsupportive? Do they need to engage with more people that are positive? Do they need to go to bed on time or just do something for themselves? A walk, read, work on their goals at the library or coffee shop so they can they think, or play relaxing music in the home to keep everyone more at ease.

## THIS WEEK'S GOAL(S):

Use the back of your Tracker for any and all success areas.

### ACTIONS & ACCOUNTABILITY

- 1.
- 2.
- 3.
- 4.
- 5.

### SEE & FEEL RESULTS

Now that I have achieved my weekly goal(s) I am able to:

**I FEEL:**

### INTERFERENCE

What could get in my way?

What I will do to stay on track when this happens:

### ENVIRONMENT

What I will add or subtract to support my goal(s): (ex: time, help, location, tech, music)

**I COMMIT TO MY GOALS!**  
**SIGNED:**