

# THE GROW *model*

The GROW Model is a process that helps you plan your life goals. GROW is an acronym that stands for: Goal, Reality, Options and Will

## GOAL

Define short and long-term goals

- What is your goal?
- Why do you want to achieve this goal?
- What would be the benefits once you accomplished this goal?
- What do you want to change?
- What does success look like?
- How will you know you achieved your goal?
- How much control do you have over your goal?

## REALITY

Explore current situation

- What's happening now?
- Which steps have you already taken to achieve your goal?
- What kept you from trying different things?
- What is working well right now and what isn't?
- What is missing towards your goal?
- What do you think is stopping you?

## OPTIONS

Identify and evaluate options

- What are possible options?
- What could be the first step?
- What else could you do?
- What are the benefits of this option?
- What alternatives do you have?
- Which option do you feel ready to act on?
- How do you feel about this option?
- Which options do you like most?

## WILL

Define what you will do and when

- What are you willing to do?
- What is the first step you need to do?
- When are you going to start?
- How will you know that you've achieved your goal?
- What will it take to get moving forward towards your goal?
- What could prevent you from taking these steps?
- What resources can help you?