

Monthly G.R.O.W. Session

Session with: _____ Upline Coach: _____ Date: _____

A coach's responsibility is to support and assist people on their journey towards their desired destination. GROW sessions are intended to help clearly identify and set "S.M.A.R.T." GOALS, check and refine goals based on their current REALITY, open our minds to fun, fast, and focused OPTIONS to achieve the goals, and then agree and commit to a specific, new and exciting WAY FORWARD. Our intention is to help increase focus and intention... and help to identify and decrease interferences.

1. Clearly identify and chunk down a **S.M.A.R.T. GOAL** for your business this month.
(Specific – Meaningful – Agree to – Realistic - Time phased)

What is a SMART goal you have for your business?

What are the consequences if you do not reach this goal?

2. **Exploring REALITY.** Taking stock of your current situation to see where you are starting from and gaining a clear understanding of your obstacles.

Briefly what's been happening?

What have you tried so far?

What were the results?

What is your sense of obstacles for you? ... for others?

Is the goal still realistic?

3. **Developing OPTIONS.** Generating a wide range of ideas that help you reach your goal and selecting the most viable solution.

Describe fantasyland ... if you could do anything, what might you do?

If you were watching this conversation what might you recommend?

What else... is there anything else you would like to do?

Would you like some suggestions from me?

Do any of these ideas interest you to explore further?

If you were to do this, how might you go about it?

4. **Commit to a WAY FORWARD . . .** a SMART plan of action within a realistic time frame.

Does this option interest you enough to take action?

How will you go about it?

What might get in the way?

How might you overcome that?

What and when is the (s.m.a.r.t.) next step?