

GROW Model Worksheet

<p>Goal</p> <p>What do you want to accomplish?</p> <p>How will you know when it is achieved?</p>	
<p>Reality</p> <p>What's happening now in terms of the goal?</p> <p>How far am I away from the goal?</p>	
<p>Obstacles</p> <p>What is standing in the way – Me?</p> <p>Other people?</p> <p>Lack of skills, knowledge, expertise, time?</p> <p>Physical environment?</p>	
<p>Options</p> <p>What options do I have to resolve the issues or obstacles?</p>	
<p>Way Forward/Will</p> <p>What Option will I commit to?</p>	