

# GROW Model Worksheet

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