The Grow Model

Goals

What we aim for.
What do you want?
How will you know when you achieve it?
When do you want to achieve it?
How will achieving it benefit you?

Reality

Exploring the present reality.
What have you done specifically so far to achieve your goal?
What challenges have you met and overcome?
What strengths do you have which may help?

Options

Stretching beyond what you have tried or thought about before.
What could you do?
What else might you do?
Think of examples, so what if you have more time, what if you could travel? Etc.

Will

Gaining commitment towards taking action.
Which option would be fastest/easiest/preferred?
What might stop you and what are you going to do about it if it happens?
When will you take action?

PUSH YOURSELF, BECAUSE NO ONE ELSE IS GOING TO DO IT FOR YOU.

The Grow model

Goals

Reality

Options

Will