

GROW Conversation Model Worksheet

GOALS:

What do you want to achieve and by when?

What is important to you about this goal?

When you achieve your goal what will be different?

REALITY:

What have you done about this so far? What were the results?

What is currently working and what is not?

What are the obstacles or personal resistance you face in taking action?

OPTIONS

What options do you have? What could you do?

Which of these solutions are possible?

Which of these solutions appeals to you most?

WAY FORWARD

What are you going to do?

How will you measure your success?

What are your next steps and what is the timetable?
