



The GROW Model: A Path to Growth and Goal Setting

The GROW Model is a powerful tool for creating new solutions and setting goals. It consists of four key stages: Goal, Reality, Options, and Way Forward.



by Soul Healing Tribe

Goal Setting

1

Focus

Identify the situation you want to focus on. Consider why you chose this particular area.

2

Vision

Envision how you'd like the situation to be. Reflect on its importance to you.

3

Specificity

Write down a specific goal. This helps clarify your intentions and provides direction.

Assessing Reality

Current State

Identify what's missing in the current situation. Recognize what you're tolerating.

Positives

Acknowledge what's happening that you'd like to continue. This builds on existing strengths.

Challenges

Identify obstacles in your way. Determine who can support you in your journey.

Exploring Options

1

Brainstorming

Generate as many ideas as possible about what you could do to achieve your goal.

2

Fearless Thinking

Consider what you would do if you had no fear. This encourages bold ideas.

3

Unlimited Potential

Imagine what you'd do if you knew you couldn't fail. This removes self-imposed limitations.

Immediate Actions

Determine the next thing to do. This creates momentum towards your goal. Reflect on potential lessons from this process.

Way Forward



1

Next Step

Based on your options, decide on your next step. This initiates action.

2

Preparation

Consider if there's anything you need to do first. This ensures readiness.

3

Timing

Determine when you will take action. This creates accountability.

Commitment and Support

Decide who to tell about your commitment. This creates external accountability. Sharing your goals can increase motivation and support.

Resource Identification

Determine what resources you need to achieve your goal. This could include tools, knowledge, or support from others. Identifying resources early can smooth your path to success.