

GROW Model exercise

First, identify something you would like to achieve at school/college.

Then, write down your answers to the following questions, interpreting them in the way that seems appropriate to you.

GOAL

What would you like to work on?

What would you like to have after answering this set of questions (eg a first step/strategy/solution)?

What is your goal related to this issue?

When are you going to achieve it?

What are the benefits for you in achieving this goal?

REALITY

Who else will benefit and in what way?

What will it be like if you achieve your goal?

What will you see/hear/feel?

What is the real issue?

What action have you taken so far?

What is moving you towards your goal?

What is getting in the way?

OPTIONS

What different kind of options do you have to achieve your goal?

What else could you do?

What would you say to somebody else with the same goal?

What are the principal advantages and disadvantages of each option?

Which options will you choose to act upon?

WILL

When are you going to start each action?

What could anyone else do to give you support and when will you ask for it?

How committed are you, on a scale of 1–10, to taking each of these actions?

If it is not a 10, what would make it a 10?

What will you commit to doing?