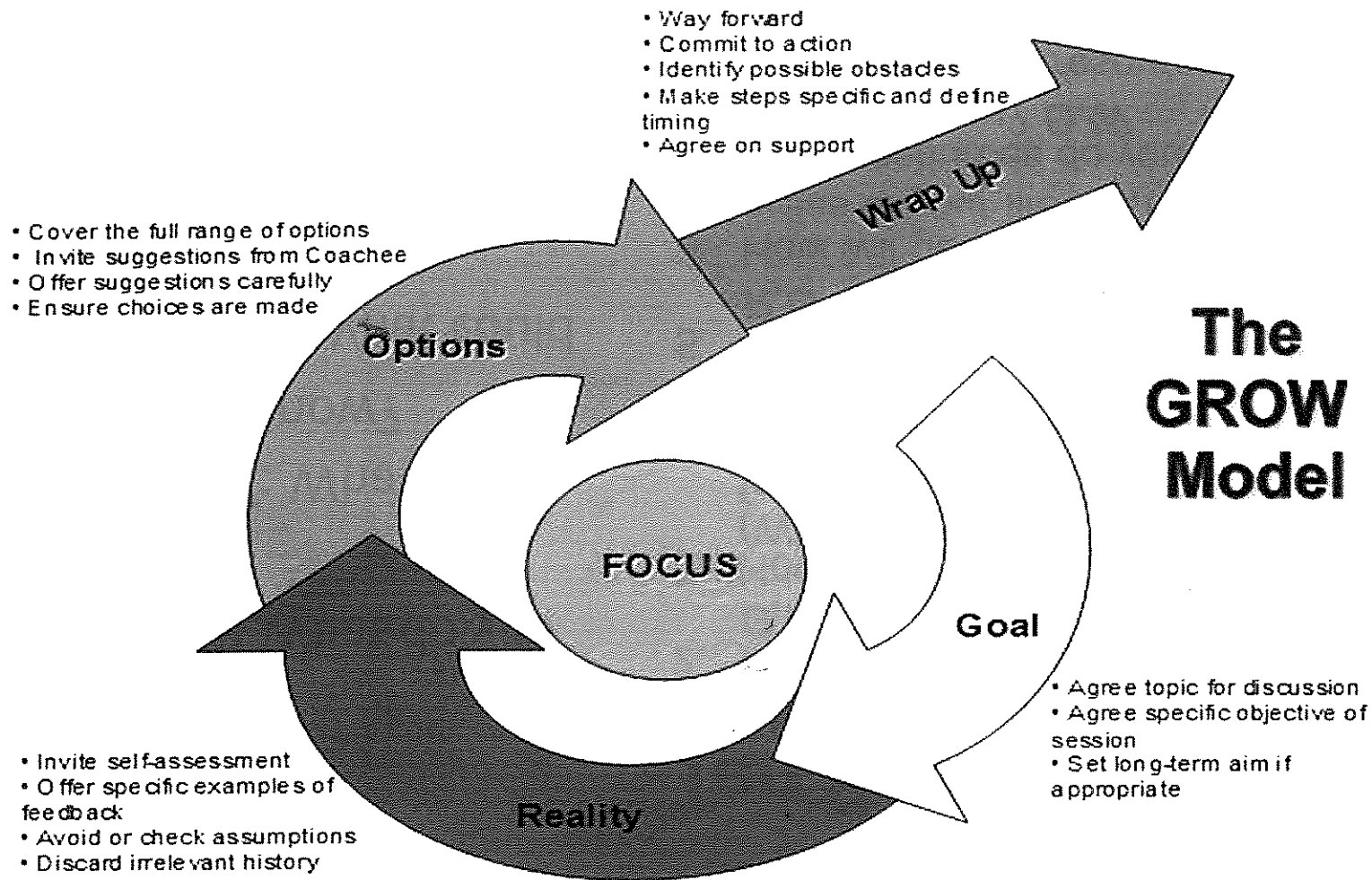


GROW Model



The GROW Model

G-R-O-W

- **GOALS:** What do you want?
- **REALITY:** What is happening now?
- **OPTIONS:** What could you do?
- **WILL:** Wrap-up / What will you do?

Skills Used

- **Listening and Questioning**

Ten Powerful Questions

1. What do you want? **G**
2. What will getting what you want do for you? **G,R**
3. How will you know it when you get it? (What will it sound like, feel like, your feelings inside be like)? **G,R**
4. How will others know when you have it? **G,R**
5. What stops you from getting it already? **R,O**
6. How will getting what you want affect other areas of your life? **G,R**
7. What resources do you already have that will assist you? **O,W**
8. What additional resources do you need in order to get what you want? **O,W**
9. How are you going to get there? **O,W**
10. How will you evaluate your progress? (What form of accountability are you comfortable with?) **W**