



## GROW MODEL SHEET

It is not necessary to answer all the questions, but you should read and think about all of them. Then choose the most fitting answers for you. Write down the answers to the following questions.

1. Establish the GOAL	
1. What is your goal?	
2. Why is that your goal?	
3. What are the benefits of achieving that goal?	



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4. When do you want to achieve it?	
5. How will you know that you have achieved your goal?	
6. Who else will benefit from you achieving your goal and in what way?	
7. What will achieving your goal feel like?	
8. How much control do you have over your goal?	
9. What would happen if you do not achieve your goal?	





10. Does your goal fit with your overall career objectives?	
<b>2. Examine the REALITY</b>	
11. What actions have you taken so far to reach your goal?	
12. What were the concrete outcomes of those steps?	
13. Why did you choose those particular steps?	
14. What is your current situation regarding your goal?	





15. What are the current obstacles?	
16. What is working well at the moment?	
17. Who else is involved in reaching your goal?	
18. Does your goal conflict with any other goals or objectives?	
19. What is currently missing for you to move forward?	
20. How are things going today?	



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### 3. Explore the OPTIONS and OBSTACLES

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21. What option do you have to achieve your goal?	
22. What else could you do?	
23. What are the main advantages of each option?	
24. What are the main disadvantages of each option?	
25. What would be the first step for each option?	



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26. What constraints do you see for each option?	
27. What would happen if the constraints were removed?	
28. What other alternative actions are there?	
29. What are the risks for each option?	
30. How do you feel about each option?	



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#### 4. Establish the WILL / your WAY FORWARD

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31. Which option will you choose to act on?	
32. What is your first step?	
33. When are you going to start?	
34. What will happen if you do not do it?	
35. What kind of resources do you need?	



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36. Where can you get those resources?	
37. Who is going to help you?	
38. How will you know you have reached your goal?	
39. When will you have reached your goal?	
40. What will keep you motivated on your way towards your goal?	



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