



Goal Setting Worksheet

Use the GROW model to put your personal life vision into action.

Goals – What do you want?

Reality – Where are you now?

Options – What can you do to move forward?

Will – What will you do?

GOALS

The first step in the GROW model is defining goals in the following areas (career, relationships, health, spirituality). Answer the following questions:

- What do you want?
- What will reaching the goal give you?
- What do you want to achieve in [area]?
- How will you know you've reached your goal?
- How will you know the problem has been solved?
- Are all of your goals SMART (Specific, Measurable, Acceptable, Realistic, Timely)?

REALITY

The next step is reality; becoming aware of the actual situation you're currently in. Here we're looking to uncover obstacles that have been holding you back.

Ask yourself:

- What's happening to you now in each of these areas?
- What, when, with whom and how often?
- What is the result of that?
- Why is this theme a problem?
- What are concrete examples of this problem?
- What's been going wrong so far?
- How do you manage to fail? How would you teach someone else to do it?
- What went well?
- Is this always a problem or are there situations in which it isn't?
- What are the defining factors? What can make the difference?
- What have you done so far?

OPTIONS

Now we move on to exploring the options available to you. The most important thing here is to generate a long list of ideas, initially we're not looking for realistic solutions, just possible alternatives.

Answer the following questions and feel free to be creative:

- If it was someone else, what would they do?
- What would you do if [obstacle] didn't stop you?
- Imagine you already reached your goal. How did you do it?
- What if this obstacle wasn't there anymore?
- What else do you need to reach your goal? Where can you get it?
- Which criteria will you use to evaluate this option?
- What are the pros and cons of this option?

WILL

The final step is creating the will. It involves getting real with yourself about your goals and how you will go about realizing them.

Ask yourself:

- What exactly will you do to reach your goal, and when?
- Which of these options will you take?
- What concrete step can you take NOW?
- What steps come after?
- Are all obstacles taken into account?
- How will you overcome your obstacles?
- How motivated are you, on a scale from 1 to 10, to go for this option?
- What do you need to have a 10? Where can you get it?
- How can your surroundings support you?
- Will this plan get you to your goal?
- Will it solve the underlying problem, too?