

## GROW goal-setting model

**Metacognitive skill targeted:** planning, self-reflection

### When to use it

Before, during and after an activity

### What you'll do

You can use this tool to clarify your set goals, assess your current situation, explore options and commit to your plan of action. This way you will develop a sense of ownership, build self-esteem and learn valuable skills for future success.

### What You Need

GROW goal-setting model tool, a piece of paper

### How to use it

1. Get familiar with the GROW model using the template. Read the questions carefully.
2. Set your goal
3. Describe your current situation regarding the goal
4. Think and decide what you could do to reach the goal
5. Which actions will you take to reach the goal?
6. Write all answers on a piece of paper

### About this Template

This template helps you plan your goals. Follow the steps one by one to have a clear idea of what your goal is in the end.

## **Tips for Reuse / Continuation**

Keep your GROW plan in a folder and look at it after some time to check the progress.

Check your GROW plan with the support of your family.

You can use the GROW goal-setting model to create family goals.



# **GROW goal setting model**

## **GOAL**

**What do you want to achieve?**

**What does your goal look like specifically?**

**How would you define your goal?**

## **REALITY**

**What is happening right now?**

**How will your situation impact your goal?**

**What resources are available to you?**

## **OPTIONS**

**What options are available to you?**

**How might these options play out?**

**How would you rank your options?**

## **WILL**

**What will you do to achieve your goal?**

**What are the first steps forward?**

**When will you do it?**

