

GROW Model

GROW stands for Goal, Reality, Options and Will. This activity may be a helpful tool for setting goals throughout your recovery journey. It may also be helpful to reframe a goal/achievement with an experience you would like to have. These words can be used interchangeably.

GOAL

What do you want to experience?

How will I know when I am experiencing it?

REALITY

What is happening now in terms of this goal?

How far am I away from the goal?

OPTIONS

What options do I have?

What is standing in my way?

WILL

Which option will I commit to?

What can I do now?

Adapted from: Whitmore, J. (2009). *Coaching for performance*. Boston: Nicholas Brealey Publishing.