GROW Goal-Setting Worksheet

ESTABLISH THE GOAL:

Useful Coaching Questions:

* How will you know you have achieved this goal?
* Does this goal fit with CASA’s overall objectives?

Briefly, what is your SMART (Specific, Measurable, Attainable, Realistic, and Time-bound) goal?

EXAMINE THE CURRENT REALITY:

Useful Coaching Questions:

* What is happening now (what, who, when, and how often)? What is the result of this?
* Have you already taken any steps toward your goal?
* Does this goal conflict with any other goals?

Describe the current reality.

EXPLORE THE OPTIONS:

Useful Coaching Questions:

* What else could you do?
* What if this or that constraint were removed? Would that change things?
* What are the pros and cons of each option?
* What factors will you use to weigh the options?
* What do you need to stop doing in order to achieve this goal?
* What obstacles stand in your way?

What are some of the options you have for reaching your goal?

ESTABLISH THE WILL

Useful coaching questions:

* So, what will you do now? When will you do it? What else will you do?
* What could stop you from moving forward? How will you overcome this?
* How can you keep yourself motivate?
* When do you need to review progress? Daily, weekly, monthly?

What do you plan to do to achieve your goal?



When will we check back in about progress?