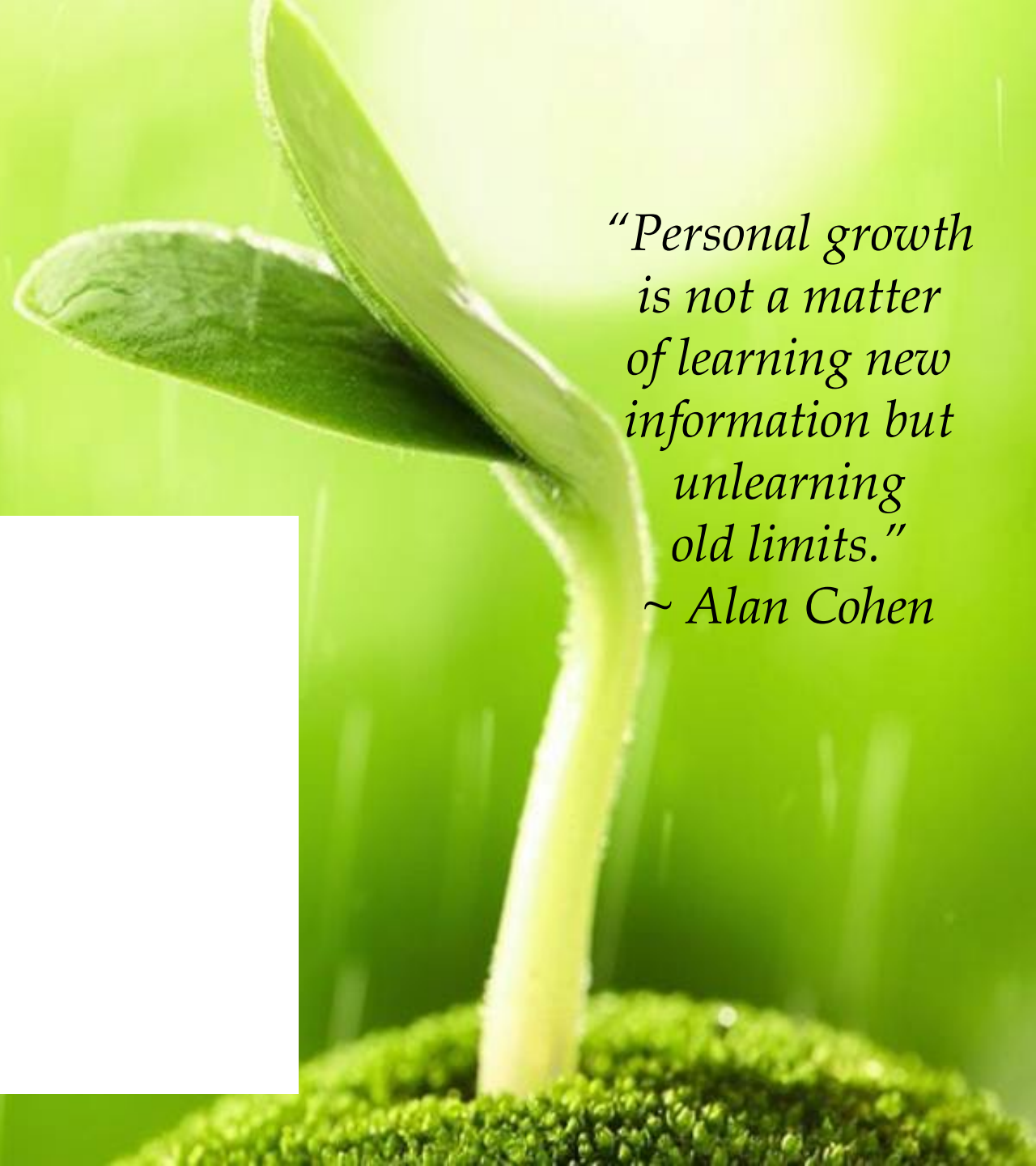


GROWTH Model

G - Goal

- What is important to you at this moment?
- What areas of your life do you want to work on?
- What do you want to create in your life right now?
- If anything was possible what would you do?
- Write down a SMART goal below.



*“Personal growth
is not a matter
of learning new
information but
unlearning
old limits.”
~ Alan Cohen*

GROWTH Model

R - Reality (Starting Point)

- On a scale of 1 -10, where are you in relation to your goal?
- What progress have you made so far?
- What is working well right now?
- What is required of you to achieve your goal?
- What challenges stand in the way?

*“The starting point
of all achievement
is desire.”
~ Napoleon Hill*

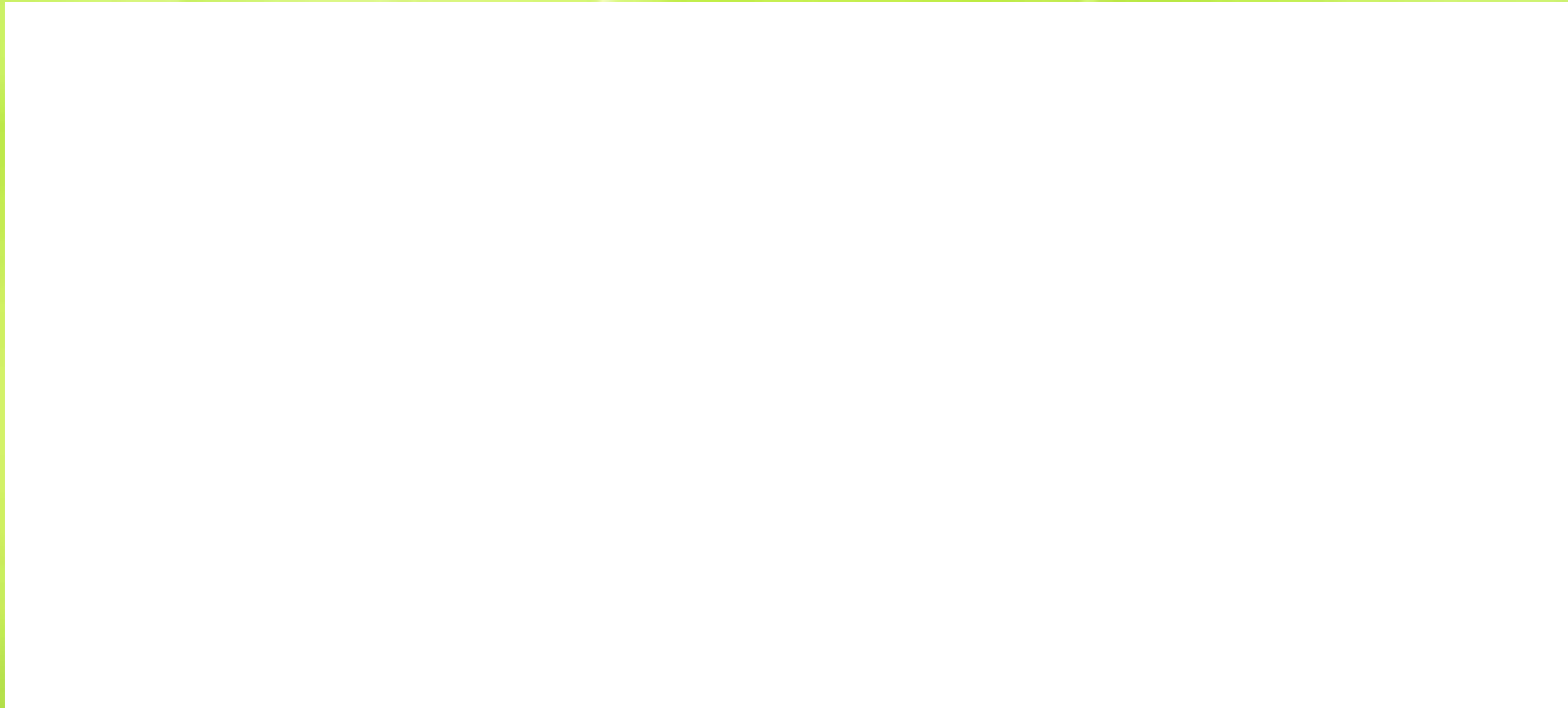


GROWTH Model

O - Options

- What are your available options for achieving your goal?
- How have you tackled a similar situation before?
- What could you do differently to achieve your goal?
- Who do you know who has achieved something similar?
- What are three different ways to achieve your goal?

*“Everything I do
is by choice.
There is always
another option.”
~ Anonymous*



GROWTH Model

W - Way Forward

- How do you see your way forward?
- Which of these options works best for you?
- What one small step are you going to take now?
- What actions will you take to achieve your goal?
- On a scale of 1 -10 how committed/motivated are you?

*“A journey of a thousand leagues begins with a single step – the one underfoot.”
~ Laozi*

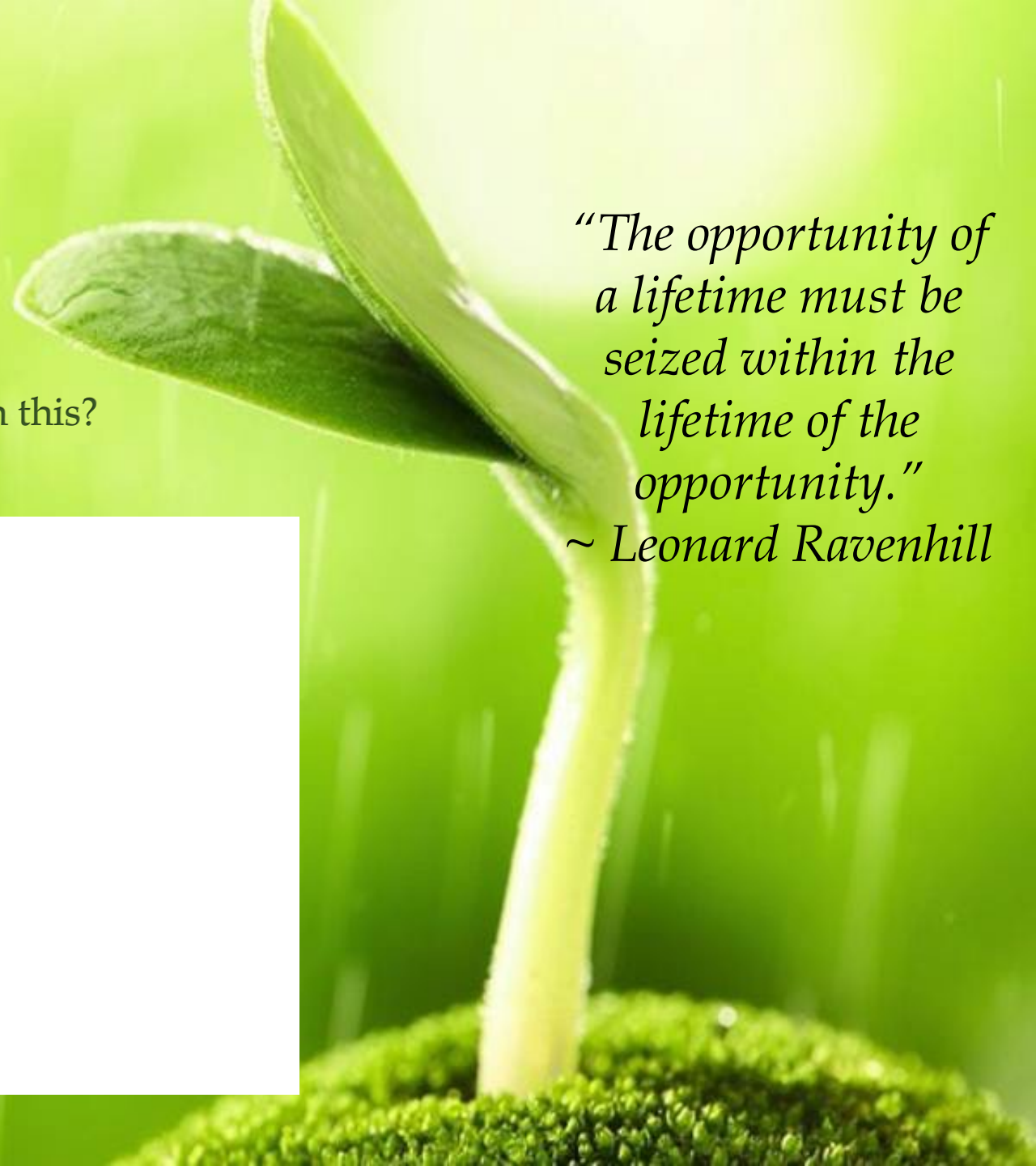
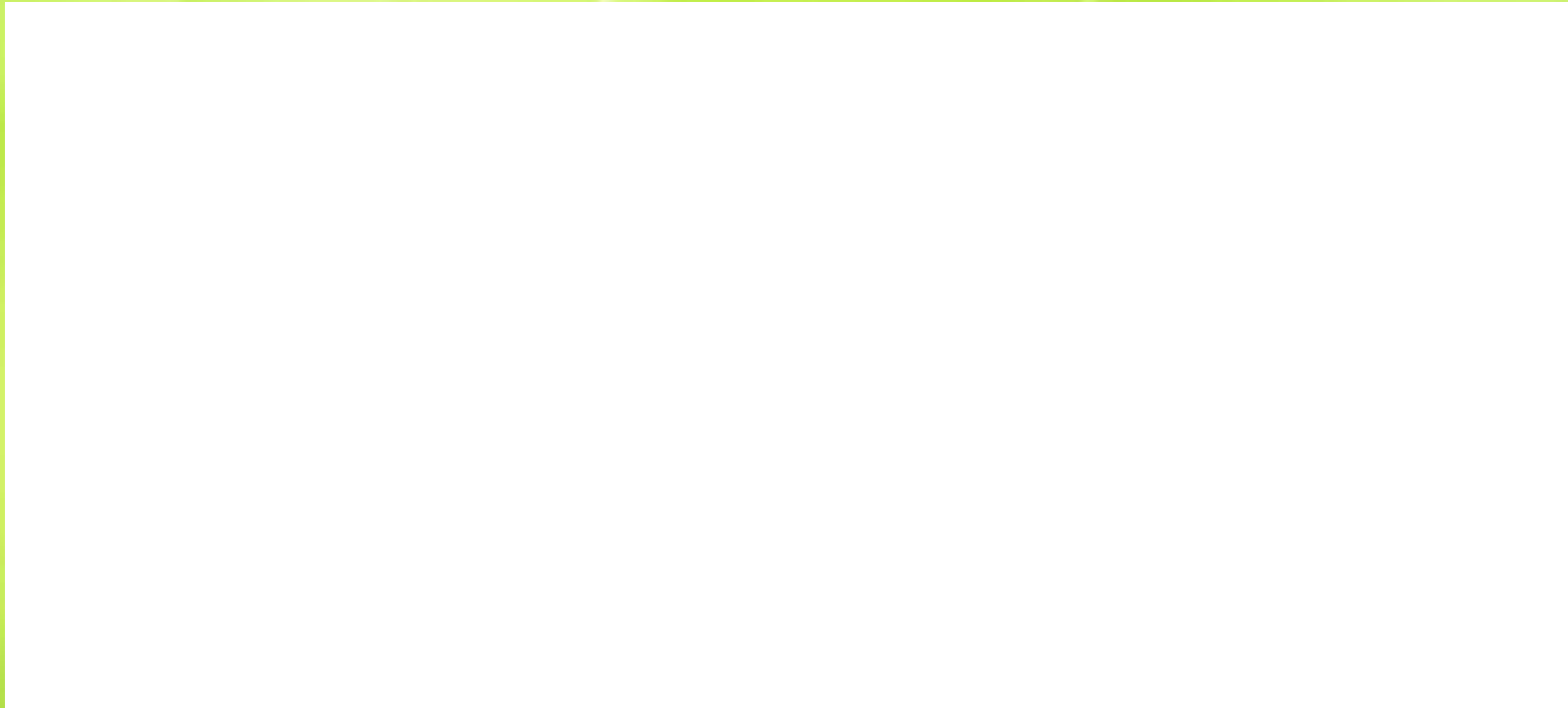


GROWTH Model

T - Timeline

- How long is this going to take to accomplish?
- When are you going to begin?
- How much time are you going to commit to this?
- What time of day are you going to set aside to work on this?
- What is your timeline for achieving your goal?

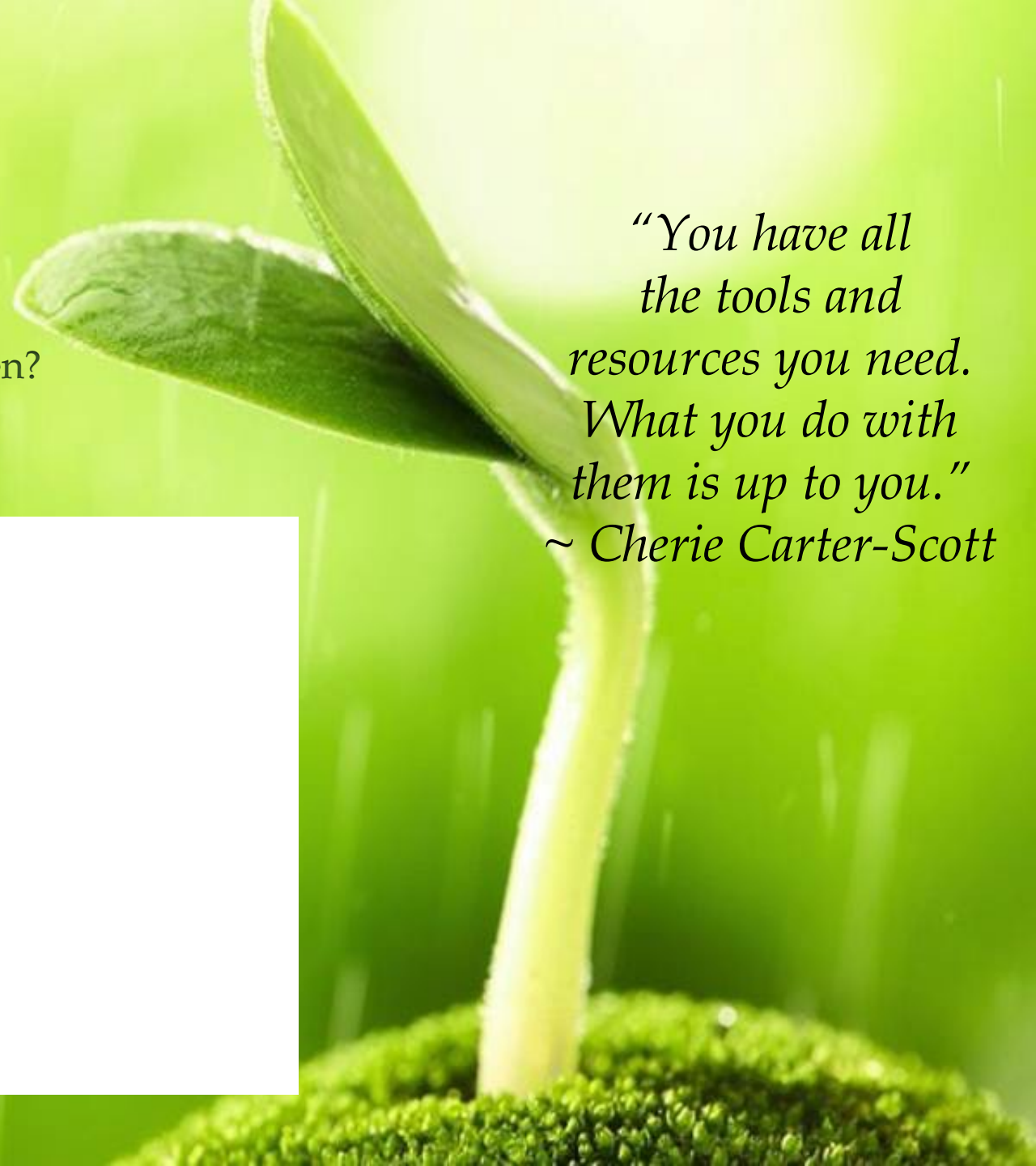
“The opportunity of a lifetime must be seized within the lifetime of the opportunity.”
~ Leonard Ravenhill



GROWTH Model

H - Help

- What abilities do you have at your disposal?
- What resources are available to support you?
- What help do you still need to find to make this happen?
- Where can you learn what you need to achieve this?
- Who can help you accomplish this?



*“You have all
the tools and
resources you need.
What you do with
them is up to you.”
~ Cherie Carter-Scott*