

Silent 'GROW' Template

Write down an important personal learning need or goal, which you really want to try to develop during the next 6/9 months (something that is within your own control).

Write down your goal here:

What are your Goals?

- What, specifically, is it that you want?
- Is any part of it measurable?
- How will you know if you have reached this goal?
- Which elements of it are under your control?



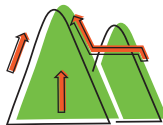
What is your Reality?

- What have you done already to try to reach this goal?
- What obstacles or constraints within yourself and external to yourself are holding you back?
- What is really stopping you?



What are your Options?

- What could you do as the next step?
- What else could you do?
- And what else?



Do you have the Will?

- What is your own level of commitment to achieving this goal?
- How would you score this on a scale of 1 – 10?
- If your commitment score is less than 8 – will you actually do it? Would it not be better to drop the idea & find something you really want? Do you need to feel guilty if you drop it? If your score is 8 or higher, how can you make your own commitment a 10?
- What is your next step going to be and when will you do it?