

GROW Goal Setting Worksheet

#1: GOAL

What do you want to achieve?

Goal Statement:

Why is this goal important to you?

When do you want to achieve this?

Target Date: _____

How will you measure success?

On a scale of 1–10, how committed are you? _____

#2: REALITY

Where are you now?

Current situation:

What have you already tried?

What worked?

What didn't work?

What obstacles or challenges exist?

What resources do you already have?

#3: OPTIONS

What could you do? (List as many ideas as possible)

Option 1:

Option 2:

Option 3:

Other possible approaches:

Who could support you?

What additional resources might help?

#4: WILL (WAY FORWARD)

What will you do?

The option(s) I will pursue:

My first action step:

Start date: _____

Completion date: _____

Milestones/checkpoints:

How will I stay accountable?

Potential obstacles & how I'll handle them:
