

GROW MODEL

G

Goal

What is your goal?

R

Reality

What is happening now?

O

**Opportunity &
Obstacles**

What or who could help you?
What or who could stop you?

W

Way Forward

What steps will you take to achieve your goal?

GROW GOAL SETTING EXAMPLE

Grow Goal Setting

G

Goal

What is your goal?

Make sure I'm getting outside every day.

R

Reality

What is happening now?

I spend a lot of time in front of my screen and don't go outside after school work

O

**Opportunity
& Obstacles**

What or who could help you?
What or who could stop you?

*Opportunity - Do something with sibling to keep accountable
Obstacle: Video games, TV*

W

Way Forward

What steps will you take to achieve your goal?

Every morning before school I will walk with my sister for 10 minutes

Make a commitment to yourself.

Signed: *Trent Dennis Lane* Dated: *13/07/2023*

