

# Coaching Process Tools

## The Grow Model

**G=Goal**

(State your goal clearly)

**R = Reality**

(Where are you now?)

**O = Obstacles and Options**

(List obstacles internal or external to you preventing you from achieving your goal)

(Brainstorm the problems and list options now available to you)

**W = Way Forward**

(List what you are willing to commit to in the immediate future in order to achieve your goal. List action steps, particularly the next action)