

G. R. O. W.

G

GOAL

S.M.A.R.T.

What's the topic?

What would you like to get out of this conversation today?

So if we could ... that would be helpful?

Would it be okay if I take notes?

R

REALITY

Briefly, tell me about the situation.

What have you tried so far?

What got in the way / the obstacles?

Do you see a way around these obstacles?

Is your goal still realistic?

O

OPTIONS

Fantasyland

If you could do **anything**, what might you do?

If you were watching this conversation, what would you recommend?

I have some thoughts ... would you mind if I share them with you?

Do any of these options interest you enough to explore further?

If you were to do these, how would you go about it?

W

WAY FORWARD

Do any of these options interest you enough to take action?

What would be the first thing you would do?

When would you do that?

What might get in the way?

How might you overcome that?

Are you happy with what you came up with?

Do you mind if I call you?

Would you like my notes?