



Goal

What is the issue/concern?

What would the ideal outcome look like?

What do you want to achieve?

Other questions:

Reality

What progress have you made so far?

What is working well right now?

What are the barriers/things getting in the way?

Options

What are your options?

If this option wasn't available – what else could you do?

What would your best mate/mentor suggest as an option?

Give me five more options.

Will or Way Forward

Which options work best for you

What actions will you take?

What's the first step?

Who will help you?



GROW Questions