

GROW

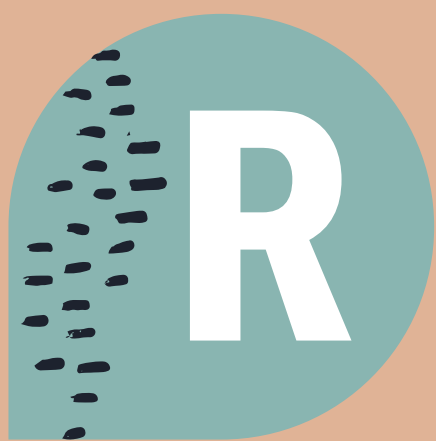
A model for setting goals



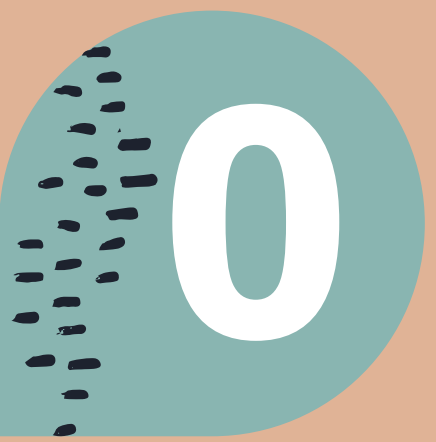
The Grow Model is a four step process for goal-setting and problem-solving. You can use it for any area of your life, such as your career! Write down and complete the following steps:



Goal: Before you can do anything, you need to know what you want to achieve. For example, you may want to become a doctor. Make sure that this is a SMART goal: one that is Specific, Measurable, Attainable, Realistic, and Time-bound.



Reality: Once you've identified the ideal situation you would like (your goal), you will need to compare it to your current reality: what skills or resources do you already have that will help you achieve your goal? Maybe you haven't had any experience in healthcare, but you enjoy your biology lessons?



Options: Now you have looked at your current reality, you can explore all the possibilities, ideas and action steps you could take to reach your goal - write down as many as you can, and remember that no idea is too big or silly! Maybe you could approach your local GP for advice on work experience?



Way Forward/Will: Once you have identified your goals, established your reality and explored your options, you now need to focus on what you will do next. This is where you will begin to commit to small actions that will move you forward towards your goal. It is also a good idea to decide how often you will review your goal progress, to keep yourself accountable and motivated.