

# Goal Setting: Using the TGROW model

## Theme

Use the life areas assessment tool to establish the theme or goal.

	0	1	2	3	4	5	6	7	8	9	10
Finances	☹	○	○	○	○	☹	○	○	○	○	☺
Career/job	☹	○	○	○	○	☹	○	○	○	○	☺
Mental health	☹	○	○	○	○	☹	○	○	○	○	☺
Physical health	☹	○	○	○	○	☹	○	○	○	○	☺
Friends	☹	○	○	○	○	☹	○	○	○	○	☺
Family	☹	○	○	○	○	☹	○	○	○	○	☺
Parenting	☹	○	○	○	○	☹	○	○	○	○	☺
Partner	☹	○	○	○	○	☹	○	○	○	○	☺
Personal dev.	☹	○	○	○	○	☹	○	○	○	○	☺
Fun, recreation	☹	○	○	○	○	☹	○	○	○	○	☺
Home	☹	○	○	○	○	☹	○	○	○	○	☺
Spirituality	☹	○	○	○	○	☹	○	○	○	○	☺

## Goal - Define one goal.

State the outcome you wish to achieve and by when you intend to achieve it.

Chunk down into smaller goals and timescales if required.

Establish a clear, measurable, specific goal.

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