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	8	0	0	0	0	<u></u>	O	O	O	O	©
Career/job	8	O	O	O	O	:	O	O	O	O	☺
Mental health	8	0	0	0	0	:	0	0	0	0	☺
Physical health	8	0	0	O	0	:	0	0	0	0	☺
Friends	8	0	0	0	0	(1)	0	0	0	0	☺
Family	8	0	0	O	O	:	0	0	0	0	☺
Parenting	8	0	0	O	0	:	0	0	0	0	☺
Partner	8	0	0	O	O	:	0	0	0	0	☺
Personal dev.	8	0	0	O	O	:	0	0	0	0	☺
Fun, recreation	8	0	0	O	O	:	0	0	0	0	☺
Home	8	0	0	0	0	(1)	0	0	0	0	☺
Spirituality	8	O	O	O	0	(1)	O	O	O	O	☺

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.									

Options Start to explore the options use sun diagrams if required. How many different ways could you approach the issue? List all the alternatives, rule nothing out, no matter how far-fetched it seems. Which solution seems best to you? How will this give you the result you seek? Are there any new options that were not available to you before?

Will

Decide upon the actions required to achieve this goal. Actions should be based on a clear understanding of the issues which also includes timescales/deadlines, a commitment to take action and a way of measuring success.

What course of action will you take and what are the timeframes? Will you agree to select one option?

When will you start work to make it happen?										
What is your level of commitment on a scale of zero to ten?										
Will you do whatever it takes to get to ten? When?										

Once you've worked through your chosen goal setting model, the final stage is to summarize your goals.

If you have a few, it's important to categorize them so that you can see clearly which actions you need to be working on and how well you're achieving your goals. This will also help you to manage time frames and monitor your progress.

If you have only identified one goal at this stage, the summary sheets, available from www.UoLearn.com will help you when you continue to develop your other goals.