

iGROWth Model Conversation

Name:

Date:

Issue	(What is the problem / concern?)
Goal	(What do you want to achieve?) Establish a general goal to get started. Come back and make it SMARTER, having explored reality stage.
Reality	(What is happening currently? What is the situation now?) Remember, exploring the reality may help you to refine your goal.
Options	(What could you do?) Make this a really creative brain dump. Do you need to reset the goal?
Will	(What will you do?) Only put in here what you are <u>really</u> prepared to commit to.
Action Planning	(Who will do what, by when?) How will you go about it? How will you ensure success? What support will you need?

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