

Find your Phoenix ...And Rise up!

Over the last two issues we looked at where you are now and where you want to be*. In order to bridge the gap, it is important to break things down into small steps so that each step is achievable. In this issue, we will look at the GROW model; a structured way of defining your goals and taking action to achieve them.

In coaching, we believe that anything is possible, it may not happen overnight or come easy, but with belief, effort and action, you can achieve more than you ever thought possible.

Start by choosing one area of your life e.g. Health and break it down into smaller sub-sections e.g. Diet, Fitness, Education, etc.

Decide which one would have the greatest impact or is most important to you right now and if possible break it down further by repeating the process, e.g. Education: Recipes, Nutrition, Exercise Types, Mind-set etc.

Next, define a goal to work towards, it should always be positively worded and ideally have a date attached to it. The goal for example might be, "I have researched healthy eating recipe ideas and planned all the meals I will eat next week by Sunday at 11am."

Once you have decided on a goal you can ask yourself questions to help you ensure that the goal becomes a reality.

The following structure of questions is called the **GROW**

model. It is designed to help define the **Goal**, explore the **Reality** of that goal, allow you to consider your **Options**, and help you decide what action you **WILL** take to achieve it.

Examples of **GROW** questions might be:

GOAL

What is important to you about this goal?

If you don't achieve this goal how will you feel?

How challenging is this goal for you?

Who is in control of achieving this goal?

REALITY

What has stopped you from achieving this goal before now?

What obstacles are you facing?

What resources do you have that will help you?

What extra resources do you need?

OPTIONS

What could you do to move one step closer to your goal?

What would your best friend tell you to do?



If someone else were in your position, what advice would you give to them?

If nothing were stopping you, what could you do?

WILL / WAY FORWARDS

What will you do?

When will you do it?

How will you do it?

How committed on a scale of 1-10 are you to taking these actions?

Working with a coach will help keep you on track, motivated and accountable for the outcomes of your actions. Find Your Phoenix... and Rise Up!

*if you missed the last two issues you can find it here: <http://www.findyourphoenix.co.uk/press-cuttings>

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