

GROWLIFE Fundamentals

Use the GROW process to empower others

GROW	Inquire
<p>Goal</p> <p>Get the person to state 1 or more attainable Goals for the session.</p> <p><i>It's goal, not topic.</i></p>	<ul style="list-style-type: none"> • What's your goal? • What would you like to accomplish in our X-minute session? • What part of that would you like to talk about today?
<p>Reality</p> <p>Get the person to explore the current Reality regarding the goal(s).</p> <p><i>It's specific reality, not general reality.</i></p>	<ul style="list-style-type: none"> • What's going on? • How is God using _____ in your life? • What are some other ways to look at this? • What do you mean by _____? • How do you feel about this? • Tell me more.
<p>Options</p> <p>Get the person to brainstorm Options for taking action on the goal(s).</p> <p><i>It's options (5 or more), not option.</i></p>	<p>(You've explored your goal. What are your options for addressing it?)</p> <ul style="list-style-type: none"> • What can you do? • What are your options? • Could you give me 5 options? • What else could you do?
<p>Will do's</p> <p>Get the person to develop 2-3 SMART action steps s/he Will do for each goal.</p> <p><i>It's will do, not want to.</i></p>	<ul style="list-style-type: none"> • What will you do? • Which of your options will you do? • SMART action steps <ul style="list-style-type: none"> ○ Specific: What do you mean by ___? ○ Measurable: How will you know when you've achieved your action step? ○ Attainable: How doable is this? ○ Relevant: How will this action step help you achieve your goal? ○ Timebound: When will you do this?