

# Grow Coaching Model

**Date:**

**Patient's Name:**

**Physician's Name:**

**G(oal):**

**Guiding Questions:** What would you like to work on? Why do you want to achieve your goal? What will you benefit from achieving your goal? Is this goal realistic? How do you know you've achieved your goal? What will happen if you don't achieve your goal? Do you have all you need to achieve your goal? How may I help?

**R(reality):**

**Guiding Questions:** What is your current situation? What actions have you taken toward your goal? How urgent or important is this goal to you? What are the challenges or obstacles stopping you from achieving your goal? How are you being supported right now? What can you do to improve your current situation that's geared toward achieving your goal?

**O(options):**

**Guiding Questions:** What are your options to achieve your goal? What are the advantages and disadvantages of each option? What has/hasn't worked in the past? What alternatives have you come up with in case they don't work?

**W(ill):**

**Guiding Questions:** How motivated/committed are you to achieving your goal on a scale of 1 to 10? If your score is lower than 10, what can make it a 10? When are you going to start working on your goal? Have you decided which options to go for and why? How will you stay committed to your goal? Will someone hold you accountable? If yes, who? Will you record your progress? How will you make the journey more enjoyable? What is your measure of success?

**Review/Additional Notes:**