

Start by Asking - Goals

Use the GROW model to help establish your personal and professional goals over the coming months. Don't have negative goals. Your goals should have meaningful parameters, so you'll know exactly how each of them would impact your life for the better.

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Goals – Identify the specific desired outcome to achieve.

Reality – Explore the current situation.

Options – Explore the different options.

Will – Determine what is to be done.

