

Goals That Stick

Turn a vague intention into something you will actually do

Most goals fail not for lack of willpower but for lack of clarity: they are too vague, too big, or not really ours. This worksheet uses the GROW model, popularised by the coach Sir John Whitmore, to turn an intention into a plan: Goal, Reality, Options, Way forward.

IF YOU NEED HELP NOW

If there is an immediate risk to life, call **999**. The Samaritans are available free, 24 hours a day, on **116 123**. In England, NHS 111 (option 2) connects to an urgent mental health service.

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Goal and reality

EXERCISE

Goal

1. What do I want, specifically? What will be happening when I have achieved it?

2. How will I measure it?

3. Does it fit my values, or is it someone else's goal?

EXERCISE

Reality

1. What is already working? What am I already doing towards it?

2. Am I getting in my own way? How?

3. What am I willing to put up with to make this happen?

Options and way forward

EXERCISE

Options

1. What could I do next? List everything.

2. If a friend were in my position, what would I suggest to them?

3. Who could I talk to for another view?

Way forward

NEXT STEP	WHEN	WHAT MIGHT STOP ME	WHAT I WILL DO ABOUT THAT

How motivated am I to do this?

If it is below 7, what would make it a 7?

	1	2	3	4	5	6	7	8	9	10
My motivation, honestly	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐