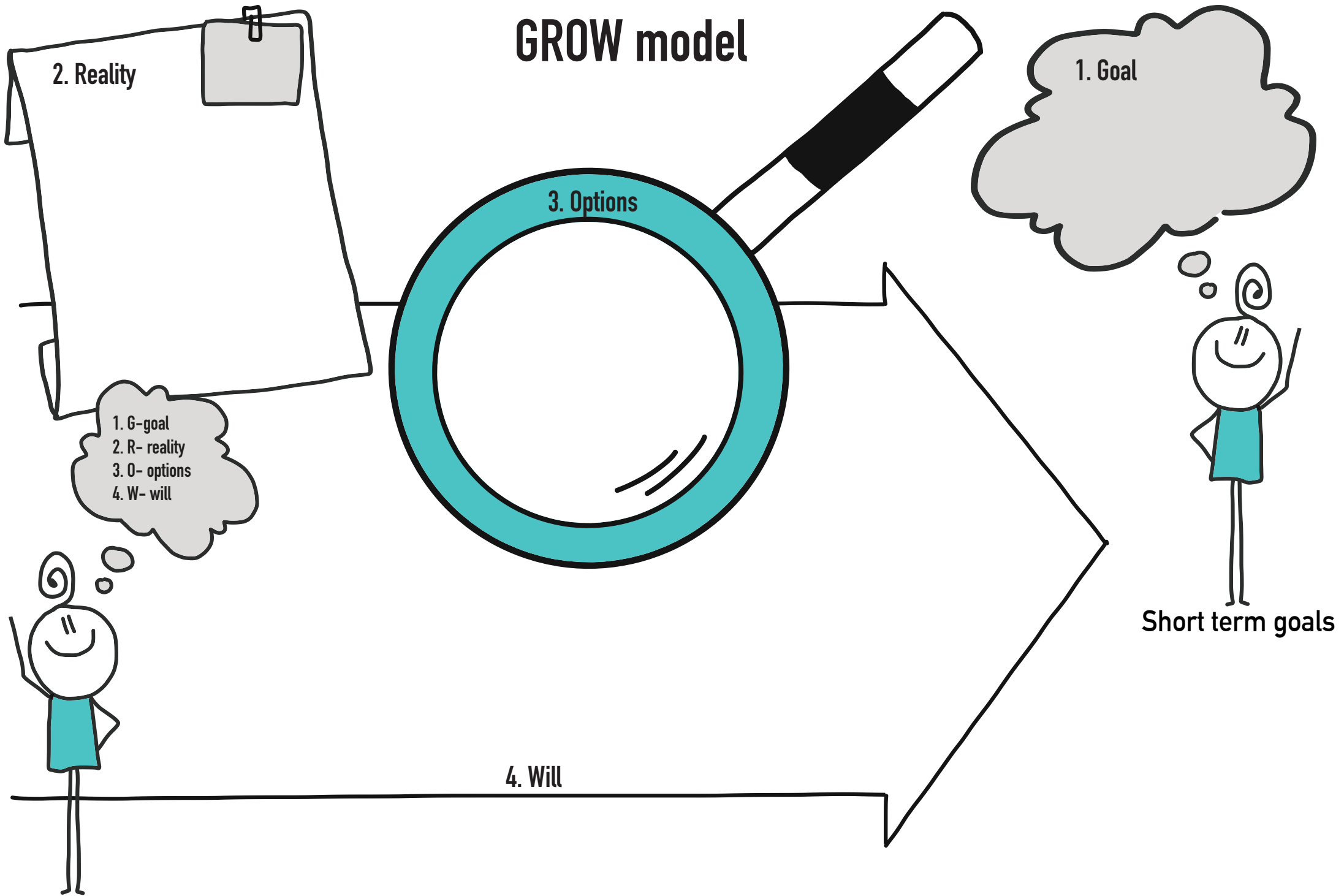


GROW model



2. Reality

1. Goal

3. Options

- 1. G-goal
- 2. R- reality
- 3. O- options
- 4. W- will

Short term goals

4. Will