

G.R.O.W

IN RELATIONSHIPS

MODULE 2



TODAY, WE'RE GOING TO DIVE INTO A HIGHLY EFFECTIVE AND WIDELY RESPECTED COACHING FRAMEWORK KNOWN AS G.R.O.W, WHICH STANDS FOR GOALS, REALITY, OPTIONS, AND WAY FORWARD. THIS MODEL GUIDES US THROUGH FOUR KEY AREAS, EACH WITH ITS OWN SET OF POWERFUL QUESTIONS DESIGNED TO DEEPEN OUR UNDERSTANDING.

TO TRULY BENEFIT FROM GROW, IT'S IMPORTANT TO GIVE EACH AREA YOUR FULL ATTENTION AND REMAIN OPEN TO ANY FRESH INSIGHTS THAT EMERGE. LET'S TAKE OUR TIME, EXPLORE EACH AREA THOUGHTFULLY, AND ENJOY THE PROCESS AS WE WORK THROUGH IT TOGETHER!

TO START:

PRINT OFF A COPY OF THE WORKSHEET FOR BOTH OF YOU (OR GRAB A PAPER AND PEN TO WRITE OUT YOUR NOTES).

MAKE THE EVENING FUN, SET YOURSELVES UP IN A COMFY AND NEUTRAL PLACE WITHOUT DISTRACTIONS AND MAYBE EVEN INCLUDE YOUR FAVOURITE SNACK!

IMPORTANT NOTE: FOCUS ON SELF-REFLECTION, NOT YOUR PARTNER. CONSIDER HOW YOU CAN IMPROVE, RATHER THAN WHAT THEY SHOULD CHANGE. THIS CREATES POSITIVE, CONSTRUCTIVE PROGRESS.

FOR EACH OF THE FOLLOWING QUESTIONS, CONSIDER THE AREA YOU PREVIOUSLY IDENTIFIED AT THE END OF THE BALANCE WHEEL ACTIVITY, THAT YOU WOULD LIKE TO FOCUS ON NEXT IN YOUR RELATIONSHIP. YOU DO NOT BOTH HAVE TO FOCUS ON THE SAME AREA IF YOU WOULD PREFER TO DO INDIVIDUAL ONES.

BE WARNED THE QUESTIONS ARE REPETITIVE BUT THIS IS INTENTIONAL :)

GOALS

1) What motivates you to improve this part of your relationship with yourself?

2) Where do you feel you are now on this journey, and what would an ideal version of yourself look like?

3) Write your goal in positive terms, like already happened. For example, “I feel deeply connected and fulfilled.” What is the outcome you desire in this area?

4) What are the specific positive outcomes you want to achieve in your relationship?

REALITY

5) What aspects of your current self or relationship experience indicate that this area needs attention?

6) What specifically are you dissatisfied with right now in how you approach this part of yourself?

7) Have you tried to make changes in this area before? What were those attempts like?

8) Who in your life supports your growth and could be a helpful resource for you?

OPTIONS

9) List ideas or possibilities to move closer to your goal, including both big and small steps. Greenlighting :)

10) If fear played no role in your decisions, what could you do to improve this part of your life? What would you do if you knew you couldn't fail?

11) Imagine that deep down, you already know exactly what to do next. What would that be?

WAY FORWARD

12) Looking at the options you've explored, which ones will truly move you forward?

13) What preparations do you need to make to take those steps?

14) Identify someone you trust. When will you share your intentions and commitment to your planned actions with them?

15) What obstacles could stand in the way of your success? What strategies will you implement to overcome these barriers?

16) How do you plan to celebrate your wins in this area? Get specific!
