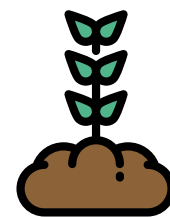


Help People G.R.O.W.

Use this guide to help define goals, find the best routes for accomplishing them, and to gain commitment for your projects or when coaching others.



1. Goal Definition

Create a SMART goal: one that is Simple, Measurable, Attainable, Relevant, and Time-bound.

Prioritize. Identify what is most important and urgent.

Clarify. Identify how you will know when goal is reached.



2. Reality Check

Identify: Actions. What is being done? What is not being done?

Resources. Identify current resources.

Barriers. Determine what is getting in the way.

Viewpoints. Identify what is clear and not clear about the project.

Strengths. Determine what is most meaningful, most energizing, and what is working well.



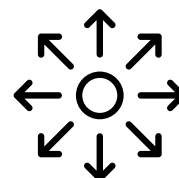
3. Options

Explore: Actions. Identify different ways this been handled successfully in the past.

Resources. Identify resources that might help (i.e. people, places, budget, materials, time).

Barriers. Find different ways to remove barriers.

Viewpoints. Establish other ways to view the issue, including how other's might see it.



4. Way Forward

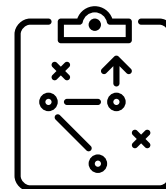
Choose resources. Determine how you will obtain needed resources.

Remove barriers. Identify which barriers you will remove.

Apply strengths. Identify the most meaningful, energizing and effective steps to take.

Commit to action. Determine which actions you can actually commit to.

Take the first step!



Want to Learn more?

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Strong People.

Strong Organizations.

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