

20 GROW Questions for a Quick Deep Dive

GOAL

*What do you want to achieve?
What outcome would be ideal?
What will it enable you to do?
Imagine you can do it, what is different?
What will other people be saying to you?*

REALITY

*What is happening now?
Where are you now in relation to where you want to be?
What is getting in the way?
How big a priority is this for you?
What is working well for you right now?*

OPTIONS

*What are your options?
What could you do differently?
What else could you do?
What option do you like best/least?
What would happen if you did that?*

WAY FORWARD

*What will be your first step?
How are you going to go about it?
What will get in your way?
What support do you need?
When are you going to start?*