



www.liberty-works.co.uk
01223 329992
anna@lpltd.go-plus.net

GROWBOX - A LifeCoaching Model and a Motivational Tool

What is development? Development is a process of growth.
How do you achieve development? Growth is the result of an action taken towards development.
How to achieve development is to culminate in a WIN-WIN outcome?

G.R.O.W.

Goals	The planning of goals. Decide what they are and focus on them.
Realistic	Sensible planning of goal achievement Stems from a realistic grounding.
Opportunity	Everyday in every way opportunities present themselves. LifeCoaching fine tunes the client to recognise and make quality choices in terms of growth.
Wins	Attainment of a goal is through steady application of realistic steps.

GROW=

Gain insights to what you believe you want from life

Routine of good habits moves you forward

Organise your daily routine to achieve your goals

Win-win is what you want, work towards a WIN-WIN outcome

LifeCoaching Questions:

- 1) What insights and beliefs do you have about your life?
- 2) What routines and good habits can do you have or can you develop to move you forward?
- 3) What can you organise better in your daily routine to help achieve your goals?
- 4) What can you do to work towards a win-win outcome?