



# Welcome to Goal Getter!

Create and update targets and options to achieve your dreams with the GROW formula.

[Start now](#)

## Goal

Set targets for your:

- (i) End goal
- (ii) Performance levels
- (iii) Process

[Find out more!](#)

## Reality

Bring awareness to your:

- (i) Current situation
- (ii) Attitudes/beliefs
- (iii) Feelings

[Find out more!](#)

## Options

Generate courses of action and:

- (i) Encourage creativity
- (ii) Avoid assumptions
- (iii) Draw out solutions

[Find out more!](#)

## Way forward

Make a decision:

- (i) Select an option
- (ii) Agree a timescale
- (iii) Check for obstacles

[Find out more!](#)



GoalGetter



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## About

Goal-getter delivers the power of the GROW coaching model in a convenient web app.

Through the use of structured questioning, Goal Getter helps clarify what you want and how you can get it.

The GROW model was developed in the UK in the 1980s and first published by Sir John Whitmore in 1992. It evolved out of the four key stages used during coaching.

**Goal**

What do you want?

**Reality**

Where are you now?

**Options**

What could you do?

**Will**

What will you do?

It is generally accepted as the most popular coaching model globally.

[Start now!](#)



## Register

Email:

Password:

Password must be between 5 and 10 characters long.

**Register**

Already registered? [Log In](#)



## Goal

What is your goal?

[click for explanation](#)

When do you want to achieve it?

What is the life area for this goal?

How will you know you have succeeded?

[click for explanation](#)

How much effort are you willing to invest from 1 to 10?



Career ▼

3 ▲ ▼

Next



GoalGetter



## Goal

What is your goal?

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When do you want to achieve it?



What is the life area for this goal?



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How much effort are you



Next



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When do you want to achieve it?



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How will you know you have succeeded?

[click for explanation](#)

How much effort are you willing to invest from 1 to 10?



Next





## Reality

What actions have you taken so far?

Add

What is your level of confidence in completing this task from 1 to 10?

Is there something holding you back?

☒

If yes what is it?

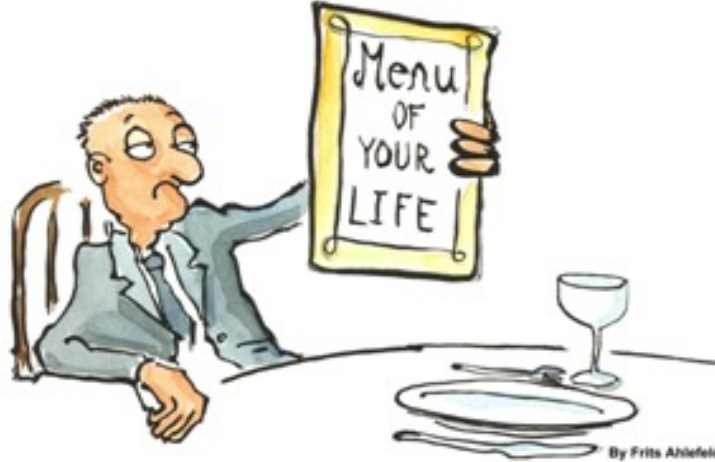
Do you believe you can do this?

☒

If no what can you do to start believing?

Next





## Options

What courses of action can you take to achieve this?

Add

If there were no limits what would you do?

What would the wisest person you know advise you to do?

If you were the coach what action would you suggest?

Add one more action:

Next





## Way Forward

Select the option(s) you're going to take:

Go to the gym ▼

When are you going to do it?

/ /



Will this action meet your goal?



What obstacles might you meet?

What support do you need?

How are you going to get that support?

What is the likelihood on a scale of 1 to 10 that you will carry out this action?

7 ▲▼

Share goal:



Next



## Manage Categories

Add category

Attitude

Edit

Delete

Career

Edit

Delete

Family

Edit

Delete

Health

Edit

Delete

Money

Edit

Delete

Personal Growth

Edit

Delete

Relationships

Edit

Delete

Social

Edit

Delete



https://www.goalgetter.co.uk



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## Contact us

First name:

Last name:

Email:

Message:





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Goal Getter

Home

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Shared Goals

Profile

Contact



## Shared goals

Q search

Reset

Search

Lose Weight.

Category: Health

Edit

Delete



Change my job.

Category: Career



Wake up earlier.

Category: Health

Edit

Delete



Add goal



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Goal Getter

Home

About

Shared Goals

Profile

Contact



## Profile

Username:

John Doe

Password:

\*\*\*\*\*

Email:

John@acme.ltd

## My goals

Add goal

Lose Weight.

Category: Health

Edit

Delete



Change my job.

Category: Career

Edit

Delete



Wake up earlier.

Category: Health

Edit

Delete

