

Smart Moves for Resilience

LIFE PLANS

Use GROW to help map out life plans or anything else you want to achieve.
Follow the steps to get to where you want to be.

GOAL

- Write a goal you want to achieve? Is it SMART? Specific, Measurable, Achievable, Relevant and Time Bound

REALITY

- What is already happening in respect of this goal? What resources and strengths do you have that will help?

OPTIONS

- **What are all the ways you could achieve your goal?**
- **What could you do?**
- **What else?**

WAY AHEAD

- **Planning - Write down all the steps that you need to take to get to your goal. Put in as much detail as you can...**
- **What will be critical for success? (include asking for help, tracking your progress)?**

- **Now write down all the specific actions you will take in a logical order**

1.

2.

3.

4.

5.

6.

7.

8.

