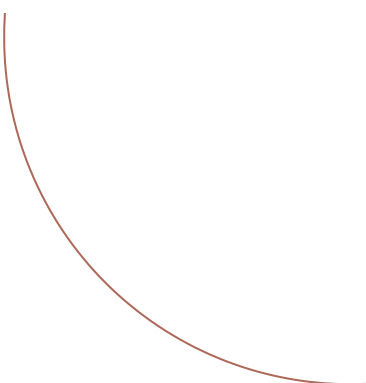




A GROW JOURNAL

Make room for what matters.

A twelve-week guided journal for setting a goal that
is your own and choosing your next step.

LETTER6

COACHING COLLECTIVE

Make Room: A Twelve-Week GROW Journal

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The GROW model was developed by Sir John Whitmore, Graham Alexander and colleagues.
Quotation from Seneca, *Moral Letters to Lucilius*, Letter VI, trans. Richard M. Gummere (1917).

This journal is for personal reflection. It is not a substitute for therapy, medical or other professional advice. If you are struggling, please speak to your doctor or a local support service. In the UK and Ireland you can call Samaritans free on 116 123, any time.

First published 2026

“I feel, my dear Lucilius, that I am being not only reformed, but transformed.”

SENECA, LETTER VI · ON SHARING KNOWLEDGE

INTRODUCTION

Room to think.

Most of us carry a goal around in our heads: something we want to change, a decision we keep putting off, a sense that there could be more. Thinking about it can go round in circles. Writing about it, with the right questions, often moves it forward.

This journal is built around GROW, one of the most widely used models in coaching. It works through four simple questions: **What do I want? Where am I now? What could I do? What will I do?**

Coaches use these questions to help people get clear on what matters, see their situation honestly, open up possibilities and commit to a step they will actually take. Here, you ask them of yourself.

There is no right way to fill these pages. Write a lot or a little. Cross things out. Your goal may change as you go, and this journal is built to change with it.

HOW TO USE THIS JOURNAL

A little structure. Space for possibility.

G **Goal.** What would you like to achieve, and why does it matter to you?

R **Reality.** Where are you now? What is helping, and what is getting in the way?

O **Options.** What could you do? Explore before you decide.

W **Way forward.** What will you do next, and how will you follow through?

Start with Parts 1 to 4. Give yourself an hour or two, in one sitting or several. This is where you set your goal and choose your first step.

Then begin your twelve weeks. Each week has three pages: *Looking ahead*, *Day by day* and *Looking back*. Every two weeks, a *Two-week review* helps you step back and adjust.

The scales. Circle a number from 1 to 10. There is no good or bad score, only a place to notice where you are.

BEFORE YOU BEGIN

Be your own coach

A few habits coaches use, which you can borrow for these pages.

- 1 **Ask “what” and “how” more than “why”.** “Why haven’t I done this?” invites blame. “What has made this hard?” invites answers.
- 2 **Then ask, “And what else?”** Your first answer is rarely your only one. Keep going until you run out.
- 3 **Notice “should”.** When you write it, ask whose voice it is, and what you actually want.
- 4 **Write first, judge later.** Let answers be messy. You can make sense of them afterwards.
- 5 **Be curious, not critical.** Speak to yourself the way a good friend would.
- 6 **Small steps count.** A step you will actually take beats a perfect plan you won’t.



PART 1 OF 4

G

Goal

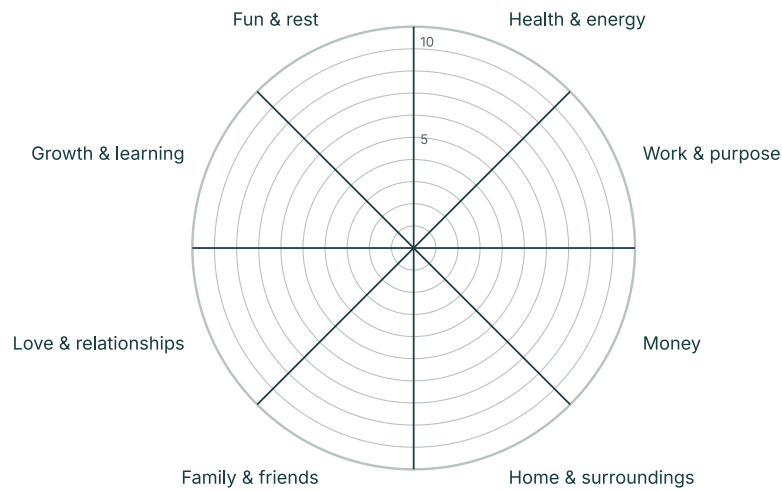
What would you like to achieve?

Explore what matters to you and what progress could look like. Your goal does not need to be perfect; it only needs to be a place to begin.

GOAL · WHERE WOULD YOU BEGIN?

Your wheel of life

For each area, shade from the centre (1) to the edge (10) to show how satisfied you feel right now.



Which area would you most like to change? Why that one?

GOAL

What would you like to achieve?

In my own words, I would like to...

Why this matters to me

If I achieved this, how would I know?

What would I see, hear or feel? What would other people notice?

GOAL

What would progress look like?

Progress rarely arrives all at once. Describe three levels, so you can recognise movement along the way.

A small step forward would be...

Good enough would be...

Amazing would be...

Right now, how close do I feel to my goal?

1	2	3	4	5	6	7	8	9	10
JUST STARTING								ALREADY THERE	



PART 2 OF 4

R

Reality

Where are you now?

Consider your circumstances, what is helping and what is getting in the way. Be curious rather than critical: this is a snapshot, not a verdict.

REALITY

What is happening now?

Right now, my situation is...

What is helping

What is getting in the way

REALITY

What do you already have?

What have I already tried? What did I learn?

My strengths, skills and experience that could help

People, places and resources that could support me

REALITY · NOTES





PART 3 OF 4

O

Options

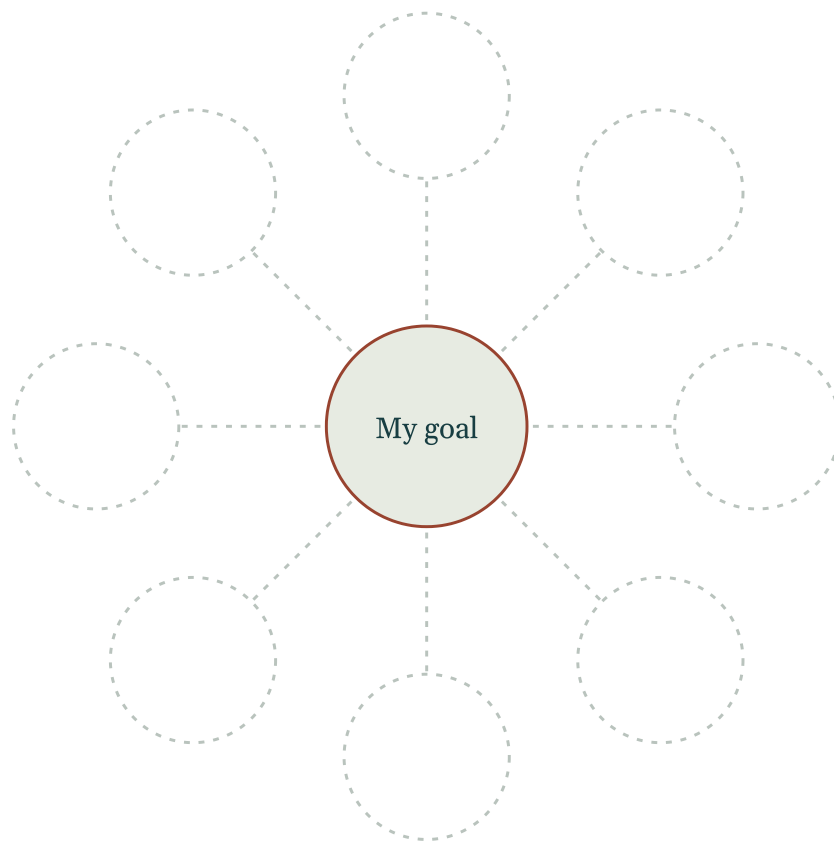
What could you do?

Explore possibilities and different approaches before deciding what fits. Quantity first: the best option is often not the first one.

OPTIONS

Every possibility

Write your goal in the centre. Fill the circles with anything you could do, however small, big or unlikely.



OPTIONS

What if...?

What would I do if I knew it would work out?

What would I suggest to a friend in my position?

What could I stop doing, or do less of?

What is the smallest thing I could try this week?

OPTIONS

Weighing it up

Choose up to six options and look at each one honestly.

OPTION	WHAT APPEALS	WHAT CONCERNS ME	FITS ME 1–10

The option(s) I want to take forward



PART 4 OF 4

W

Way forward

What will you do next?

Choose practical steps you are willing to take, and decide how you want to follow through.

WAY FORWARD

My first step

I will...

By when

How I will know I have done it

What might get in the way, and what will I do if it does?

Who or what will support me?

How willing am I to take this step?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT AT ALL

COMPLETELY

If my answer is below 8, what would make it an 8?

WEEK 1 OF 12 · LOOKING AHEAD

This week

Week starting ____ / ____ / ____

My step this week

How willing am I to take it?

1

2

3

4

5

6

7

8

9

10

NOT AT ALL

COMPLETELY

What might get in the way, and what will I do if it does?

A COACH MIGHT ASK

What would make this week feel like progress?

A line a day

A thought, a moment, a small win. Whatever feels worth keeping.

Monday

ENERGY

Tuesday

ENERGY

Wednesday

ENERGY

Thursday

ENERGY

Friday

ENERGY

Saturday

ENERGY

Sunday

ENERGY

What did this week teach me?

What went well?

What got in the way?

What did I learn about myself?

How close do I feel to my goal now?

1

2

3

4

5

6

7

8

9

10

JUST STARTINGALREADY THERE

Next week, I will...

WEEK 2 OF 12 · LOOKING AHEAD

This week

Week starting ____ / ____ / ____

My step this week

How willing am I to take it?

1

2

3

4

5

6

7

8

9

10

NOT AT ALL

COMPLETELY

What might get in the way, and what will I do if it does?

A COACH MIGHT ASK

What is one thing I could do differently this week?

A line a day

A thought, a moment, a small win. Whatever feels worth keeping.

Monday

ENERGY

Tuesday

ENERGY

Wednesday

ENERGY

Thursday

ENERGY

Friday

ENERGY

Saturday

ENERGY

Sunday

ENERGY

WEEK 2 OF 12 · LOOKING BACK

What did this week teach me?

What went well?

What got in the way?

What did I learn about myself?

How close do I feel to my goal now?

1

2

3

4

5

6

7

8

9

10

JUST STARTING

ALREADY THERE

Next week, I will...

Two weeks on

What has happened in the last two weeks?

What is working

What isn't

How close do I feel to my goal now?

1

2

3

4

5

6

7

8

9

10

JUST STARTINGALREADY THERE

TWO-WEEK REVIEW 1 OF 5 · ADJUST

What will I change?

A COACH MIGHT ASK

What has surprised me so far?

What I will keep doing

What I will change

My step(s) for the next two weeks

This week

Week starting ____ / ____ / ____

My step this week

How willing am I to take it?

1

2

3

4

5

6

7

8

9

10

NOT AT ALL

COMPLETELY

What might get in the way, and what will I do if it does?

A COACH MIGHT ASK

What am I avoiding, and what would help me face it?

A line a day

A thought, a moment, a small win. Whatever feels worth keeping.

Monday

ENERGY

Tuesday

ENERGY

Wednesday

ENERGY

Thursday

ENERGY

Friday

ENERGY

Saturday

ENERGY

Sunday

ENERGY

What did this week teach me?

What went well?

What got in the way?

What did I learn about myself?

How close do I feel to my goal now?

1

2

3

4

5

6

7

8

9

10

JUST STARTINGALREADY THERE

Next week, I will...

WEEK 4 OF 12 · LOOKING AHEAD

This week

Week starting ____ / ____ / ____

My step this week

How willing am I to take it?

1	2	3	4	5	6	7	8	9	10
NOT AT ALL							COMPLETELY		

What might get in the way, and what will I do if it does?

A COACH MIGHT ASK

Where could I ask for help this week?

A line a day

A thought, a moment, a small win. Whatever feels worth keeping.

Monday

ENERGY

Tuesday

ENERGY

Wednesday

ENERGY

Thursday

ENERGY

Friday

ENERGY

Saturday

ENERGY

Sunday

ENERGY

WEEK 4 OF 12 · LOOKING BACK

What did this week teach me?

What went well?

What got in the way?

What did I learn about myself?

How close do I feel to my goal now?

1

2

3

4

5

6

7

8

9

10

JUST STARTING

ALREADY THERE

Next week, I will...

Two weeks on

What has happened in the last two weeks?

What is working

What isn't

How close do I feel to my goal now?

1

2

3

4

5

6

7

8

9

10

JUST STARTING

ALREADY THERE

TWO-WEEK REVIEW 2 OF 5 · ADJUST

What will I change?

A COACH MIGHT ASK

What have I learned about how I work best?

What I will keep doing

What I will change

My step(s) for the next two weeks

WEEK 5 OF 12 · LOOKING AHEAD

This week

Week starting ____ / ____ / ____

My step this week

How willing am I to take it?

1	2	3	4	5	6	7	8	9	10
NOT AT ALL					COMPLETELY				

What might get in the way, and what will I do if it does?

A COACH MIGHT ASK

What would I do this week if I trusted myself a little more?

A line a day

A thought, a moment, a small win. Whatever feels worth keeping.

Monday

ENERGY

Tuesday

ENERGY

Wednesday

ENERGY

Thursday

ENERGY

Friday

ENERGY

Saturday

ENERGY

Sunday

ENERGY

What did this week teach me?

What went well?

What got in the way?

What did I learn about myself?

How close do I feel to my goal now?

1

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4

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6

7

8

9

10

JUST STARTINGALREADY THERE

Next week, I will...

WEEK 6 OF 12 · LOOKING AHEAD

This week

Week starting ____ / ____ / ____

My step this week

How willing am I to take it?

1	2	3	4	5	6	7	8	9	10	
NOT AT ALL										COMPLETELY

What might get in the way, and what will I do if it does?

A COACH MIGHT ASK

What does my future self need from me this week?

A line a day

A thought, a moment, a small win. Whatever feels worth keeping.

Monday

ENERGY

Tuesday

ENERGY

Wednesday

ENERGY

Thursday

ENERGY

Friday

ENERGY

Saturday

ENERGY

Sunday

ENERGY

WEEK 6 OF 12 · LOOKING BACK

What did this week teach me?

What went well?

What got in the way?

What did I learn about myself?

How close do I feel to my goal now?

1

2

3

4

5

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7

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10

JUST STARTING

ALREADY THERE

Next week, I will...

HALFWAY

Revisit your goal

Six weeks in. Goals often shift as we learn more. That is part of the process, not a failure of it.

Looking back at my goal, what has changed?

Does my goal still fit? If not, how would I describe it now?

How close do I feel to my goal now?

1

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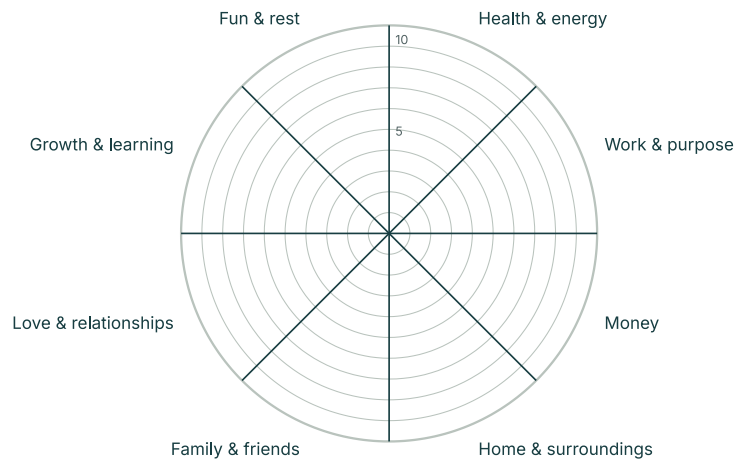
JUST STARTING

ALREADY THERE

HALFWAY

Your wheel, six weeks on

Shade the wheel again and compare it with the one at the start.



What do I notice?

Two weeks on

What has happened in the last two weeks?

What is working

What isn't

How close do I feel to my goal now?

1

2

3

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JUST STARTING

ALREADY THERE

TWO-WEEK REVIEW 3 OF 5 · ADJUST

What will I change?

A COACH MIGHT ASK

What is working that I want more of?

What I will keep doing

What I will change

My step(s) for the next two weeks

This week

Week starting ____ / ____ / ____

My step this week

How willing am I to take it?

1

2

3

4

5

6

7

8

9

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NOT AT ALL

COMPLETELY

What might get in the way, and what will I do if it does?

A COACH MIGHT ASK

What could I let go of this week?

A line a day

A thought, a moment, a small win. Whatever feels worth keeping.

Monday

ENERGY

Tuesday

ENERGY

Wednesday

ENERGY

Thursday

ENERGY

Friday

ENERGY

Saturday

ENERGY

Sunday

ENERGY

What did this week teach me?

What went well?

What got in the way?

What did I learn about myself?

How close do I feel to my goal now?

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6

7

8

9

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JUST STARTINGALREADY THERE

Next week, I will...

WEEK 8 OF 12 · LOOKING AHEAD

This week

Week starting ____ / ____ / ____

My step this week

How willing am I to take it?

1	2	3	4	5	6	7	8	9	10	
NOT AT ALL										COMPLETELY

What might get in the way, and what will I do if it does?

A COACH MIGHT ASK

What small thing would make the biggest difference?

WEEK 8 OF 12 • DAY BY DAY

A line a day

A thought, a moment, a small win. Whatever feels worth keeping.

Monday

ENERGY

○ ○ ○ ○ ○

Tuesday

ENERGY

○ ○ ○ ○ ○

Wednesday

ENERGY

○ ○ ○ ○ ○

Thursday

ENERGY

○ ○ ○ ○ ○

Friday

ENERGY

○ ○ ○ ○ ○

Saturday

ENERGY

○ ○ ○ ○ ○

Sunday

ENERGY

○ ○ ○ ○ ○

WEEK 8 OF 12 · LOOKING BACK

What did this week teach me?

What went well?

What got in the way?

What did I learn about myself?

How close do I feel to my goal now?

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9

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JUST STARTING

ALREADY THERE

Next week, I will...

Two weeks on

What has happened in the last two weeks?

What is working

What isn't

How close do I feel to my goal now?

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JUST STARTING

ALREADY THERE

TWO-WEEK REVIEW 4 OF 5 · ADJUST

What will I change?

A COACH MIGHT ASK

What am I telling myself that may not be true?

What I will keep doing

What I will change

My step(s) for the next two weeks

This week

Week starting ____ / ____ / ____

My step this week

How willing am I to take it?

1

2

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4

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6

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10

NOT AT ALL

COMPLETELY

What might get in the way, and what will I do if it does?

A COACH MIGHT ASK

What would make this step easier?

A line a day

A thought, a moment, a small win. Whatever feels worth keeping.

Monday

ENERGY

Tuesday

ENERGY

Wednesday

ENERGY

Thursday

ENERGY

Friday

ENERGY

Saturday

ENERGY

Sunday

ENERGY

What did this week teach me?

What went well?

What got in the way?

What did I learn about myself?

How close do I feel to my goal now?

1

2

3

4

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JUST STARTINGALREADY THERE

Next week, I will...

WEEK 10 OF 12 · LOOKING AHEAD

This week

Week starting ____ / ____ / ____

My step this week

How willing am I to take it?

1	2	3	4	5	6	7	8	9	10
NOT AT ALL							COMPLETELY		

What might get in the way, and what will I do if it does?

A COACH MIGHT ASK

Who could I share my goal with?

A line a day

A thought, a moment, a small win. Whatever feels worth keeping.

Monday

ENERGY

Tuesday

ENERGY

Wednesday

ENERGY

Thursday

ENERGY

Friday

ENERGY

Saturday

ENERGY

Sunday

ENERGY

WEEK 10 OF 12 · LOOKING BACK

What did this week teach me?

What went well?

What got in the way?

What did I learn about myself?

How close do I feel to my goal now?

1

2

3

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5

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JUST STARTING

ALREADY THERE

Next week, I will...

Two weeks on

What has happened in the last two weeks?

What is working

What isn't

How close do I feel to my goal now?

1

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4

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6

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9

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JUST STARTING

ALREADY THERE

TWO-WEEK REVIEW 5 OF 5 · ADJUST

What will I change?

A COACH MIGHT ASK

What would I do differently if I started again?

What I will keep doing

What I will change

My step(s) for the next two weeks

This week

Week starting ____ / ____ / ____

My step this week

How willing am I to take it?

1

2

3

4

5

6

7

8

9

10

NOT AT ALL

COMPLETELY

What might get in the way, and what will I do if it does?

A COACH MIGHT ASK

What am I most looking forward to?

A line a day

A thought, a moment, a small win. Whatever feels worth keeping.

Monday

ENERGY

Tuesday

ENERGY

Wednesday

ENERGY

Thursday

ENERGY

Friday

ENERGY

Saturday

ENERGY

Sunday

ENERGY

What did this week teach me?

What went well?

What got in the way?

What did I learn about myself?

How close do I feel to my goal now?

1

2

3

4

5

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7

8

9

10

JUST STARTINGALREADY THERE

Next week, I will...

WEEK 12 OF 12 · LOOKING AHEAD

This week

Week starting ____ / ____ / ____

My step this week

How willing am I to take it?

1	2	3	4	5	6	7	8	9	10	
NOT AT ALL										COMPLETELY

What might get in the way, and what will I do if it does?

A COACH MIGHT ASK

How do I want to finish these twelve weeks?

A line a day

A thought, a moment, a small win. Whatever feels worth keeping.

Monday

ENERGY

Tuesday

ENERGY

Wednesday

ENERGY

Thursday

ENERGY

Friday

ENERGY

Saturday

ENERGY

Sunday

ENERGY

WEEK 12 OF 12 · LOOKING BACK

What did this week teach me?

What went well?

What got in the way?

What did I learn about myself?

How close do I feel to my goal now?

1

2

3

4

5

6

7

8

9

10

JUST STARTING

ALREADY THERE

Next week, I will...

LOOKING BACK

Twelve weeks on

Where I started

Where I am now

The steps that made the biggest difference

LOOKING BACK

What I am taking with me

What I have learned about what matters to me

What I want to keep doing

How close do I feel to my goal now?

1 2 3 4 5 6 7 8 9 10

JUST STARTING

ALREADY THERE

A LETTER TO YOURSELF

From Letter VI

Seneca wrote letters to his friend Lucilius about what he was learning. His sixth letter is about sharing what we learn with others. Write to the person who opened this journal twelve weeks ago. What would you like them to know?

Dear me,

[illegible]

[illegible]

With care,

WAY FORWARD

What comes next?

My next goal, or the next chapter of this one

The first step I will take

Who I would like to share this with

NOTES



NOTES



NOTES



NOTES



