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## Planned Success

So I am now going to give you a model to work with, one which you may be familiar with in other formats that has been proven to work with the minimum of effort, and greatest enjoyment.

Follow this in a logical order otherwise it is just a jumble. In actual use when you understand the method. You may well find using it backwards could well be a quick way forward.

There will be some questions to guide you so you can modify them when asking yourself.

How to GROW in small motivating steps your present life into making your dreams a reality.

## The Grow Model

The G.R.O.W. stands for Goals, Reality, Options, and Will, Let us look briefly at each of these very important topics. The Grow model is easy to use and it provides a method that can be used for decision-making. I use this method for most decision making, but it is important to write it down, only in this way is the unconscious mind and the buried beliefs forced to the surface.

**You get power over your own decisions;** this creates self-esteem and **gives you permission** to make decisions for yourself. As you create achievable goals for yourself, they in turn succeed and enhance efforts and progress to higher and higher goal setting.

Your motivation and self-esteem value increases and you will become happy and profitable in your own right. Then you will **enjoy living the life you choose** for yourself from day one

Now for the detail of planning success.

## Goals

Without goals, there is no determined future. As soon as you set goals, you are naturally creating plans to enable achievement of those ideas and dreams. You are stating where you are going or where you plan to be in reality, you are defining your route in terms of reality.

Ok; now set your goals or outcomes for this session or the next step along your route to achievement. What do you aim to achieve. Write them down and then compare them with the following.

You will very quickly discover that setting goals is extremely important to future outcomes.

## Reality

This is where the discussion focuses the idea to explore the reality of making this idea or plan work.

I have learned to write down my plans and I encourage all my clients to do the same. This is a huge hurdle to your progress out of the way.

### **Why?**

Because the issue is, now out of the mind and is displayed on paper. Now you can think it through and apply other factors to the statements as previously discussed.

1. What will be the results of putting this into practice?
2. What will happen if you do this?
3. What will happen if you do not do this?

### **Options**

Decision time and time for decision

Write down all the options that are available to you at this time. **You have to write them all especially the impossible**, and the ridiculous, these will trigger more thoughts and bring some humour into the exercise. Remember everything must have some fun. Here is another use of the listing and prioritising model

**When you have no more ideas come up with just one more.**

*Options are what things could you do or stop doing that will have an effect on the outcomes or realities in question.*

### **Will**

**All you have to do is have a workable plan without any foreseeable hurdles.** Plans that are easily achieved with minimum effort, and will also move you at least one-step forward to your ultimate dream.

**Will it increase** your score on your top priority issue on your decision wheel? Your top priority is of course is do what you choose to do, and

**Will the outcome** give you pleasure?

**Will it empower** you to be motivated and put in the effort to make a difference?

**Will it give you** what you what you choose to have?

**Will you complete it** before the date you have given for it to be finished? If you cannot be absolutely sure then there is something missing.

*Here are some questions to help you along.*

- What are you going to do?
- When are you going to do it?
- Will this action meet your goal?
- What obstacles might you meet along the way?
- Who needs to know?
- What support do you need?
- How and when are you going to get that support?
- What other considerations do you have?
- Rate on a 1 -10 scale the degree of certainty you have that you will carry out the actions agreed?
- What prevents it from being a 10?

**If you really want it!      Think about it!      Write about it!**

**Then and only then will you be able to say**

**It is now that I know what I am doing and why**

**You will no longer live your life by accident.**

**Paul Richardson**  
**Leader of the Power of The Mind System**

## **More information available**

Website [www.successgeneration.org.uk](http://www.successgeneration.org.uk)

Blog [www.successgeneration.co.uk](http://www.successgeneration.co.uk)

Email [info@successgeneration.com](mailto:info@successgeneration.com)

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