
SECTION 6: LEARNING

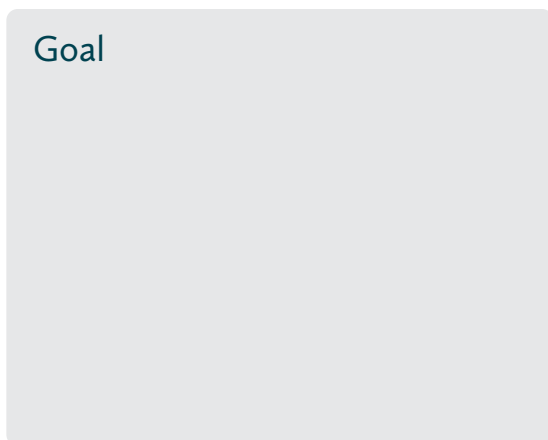
GROW Learning:

This worksheet helps you assess and debrief using GROW.

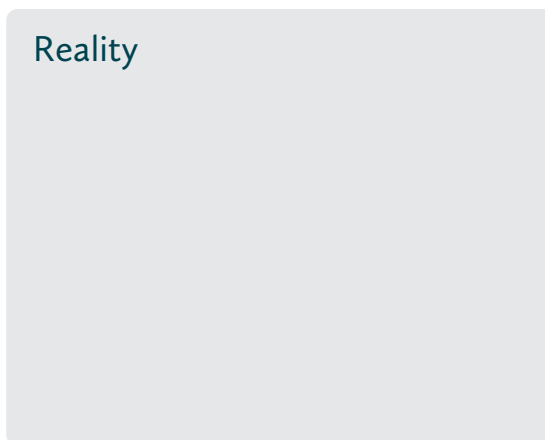
1. What was the challenge and what did I try?
2. How do I feel about the results?

My Learning:

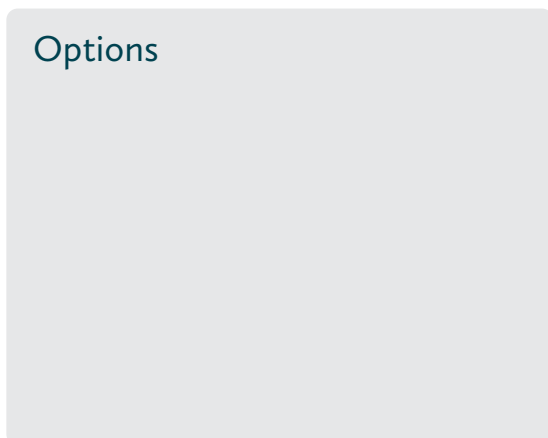
Goal



Reality



Options



Will

