

STRESS MASTERCLASS: 8-WEEK STRESS RELIEF TRAINING

Lecture: Decision making tool 3

Task: Answer on this 4 questions in order to make the right decision.

DECISION MAKING TOOL: GROW model

THE DECISION I HAVE TO MAKE: _____

Questions:

G- GOAL: What is my goal?

R- REALITY: What is the reality? What I've done so far for my goal?

O-OPTIONS/OBSTACLES: What are my options/obstacles?

W-WILL: What will I do?(here you are making the decision)