**GPDR/R Worksheet**

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| **GOAL*** Meaningful
* Doable
* Little bit challenging
 |   |
| **PLAN*** WHAT I’ll do
* DATE and TIME
* WHERE & HOW I’ll get there
* WHAT I need to take with me
* Plan ahead for things that might get in the way:
 | **To Do #1** | **To Do #2** | **To Do #3** |
| IfThen, **I will** |
| My reward for success: |
| **DO*** My supports
* Reminders
* Stay focused
* Check in
 |  |
| **REVIEW/REVISE*** What went well
* Problems
* What I learned
* What next?
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