## **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** |
| If  Then, **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? |  | | |