

My Guide to Using GPDR/R

GOAL	<ul style="list-style-type: none">• Aim for something you truly care about• Consider something that is challenging but within reach• Be specific about what you want to accomplish and by when you'd like to accomplish it• Think about why the goal is important to you• Imagine what it would feel like to achieve the goal
PLAN	<ul style="list-style-type: none">• List the steps to get to your goal• Figure out what resources you need to complete the steps• Pick the steps you'll start with (aim for three)• List the details: when (date and time); where; how you'll get there• Identify obstacles – what might get in the way of success (you can think of these as potholes or bumps in the road)• Come up with a plan to overcome the obstacles (detours)
DO	<ul style="list-style-type: none">• Share your plan with someone you trust and ask them to check in with you• Use reminders or supports (such as an app on your phone) to help you get started, manage your time, stay organized, and stick with it• When you're feeling discouraged, remind yourself why the goal matters to you• Think about what will help you avoid distractions• Check in with your case manager if you're having trouble doing your plan
REVIEW/ REVISE	<ul style="list-style-type: none">• Review your progress: What did you accomplish? What went according to plan? What strengths did you draw upon? What didn't go so well?• Think about what you learned: What do you wish you had done differently? What did you learn about yourself?• Revisit your goal: We learn and grow by doing – if things don't go right the first time, try another way. Does your goal still feel like a good goal for you? If yes, stay on the path and take the next steps. If not, think of a new goal that is meaningful to you and challenging but within your reach.• Come up with next steps: Continue with your current plan or come up with a new one – don't forget the details!