

## GPDR/R Worksheet – Nancy’s Example (translated to English)

<p style="text-align: center; margin: 0;"><b>GOAL</b></p> <ul style="list-style-type: none"> <li>● Meaningful</li> <li>● Doable</li> <li>● Little bit challenging</li> </ul>	<p><i>Find the right tutor for my boy because I want him to go to college (an experience I didn't have).</i></p> <p><del><i>Do regular exercise with my friend.</i></del></p>		
<p style="text-align: center; margin: 0;"><b>PLAN</b></p> <ul style="list-style-type: none"> <li>● WHAT I'll do</li> <li>● DATE and TIME</li> <li>● WHERE &amp; HOW I'll get there</li> <li>● WHAT I need to take with me</li> </ul> <p style="margin-top: 10px;">● Plan ahead for things that might get in the way:</p>	<p><b>To Do #1</b> <u><i>Make an appt.</i></u></p> <p><i>Send an email to the free tutoring center today, before I go to my next thing.</i></p> <p><i>Call to follow up when I am home at 4 pm today. Ask them if I can observe.</i></p>	<p><b>To Do #2</b> <u><i>Get There</i></u></p> <p><i>Tuesday or Wednesday night drive my car to the tutoring center.</i></p> <p><i>Arrange for my girl to stay with Denise next door.</i></p>	<p><b>To Do #3</b> <u><i>Observe the class and decide</i></u></p> <p><i>Observe the class next week (Tuesday or Wednesday). Talk with my son to decide if he wants to make a regular schedule with this tutor.</i></p>
<p><b>If it doesn't work out with this tutor, then I'll email the center about another tutor/ time to observe.</b></p>			
<p><b>My reward for success:</b> <i>The next week when he's at tutoring I'll walk in the park with my friend.</i></p>			
<p style="text-align: center; margin: 0;"><b>DO</b></p> <ul style="list-style-type: none"> <li>● My supports</li> <li>● Reminders</li> <li>● Stay focused</li> <li>● Check in</li> </ul>	<p><i>Leave my walking shoes at home this week so I'm not tempted to go to the park instead of observing.</i></p> <p><i>Ask Denise to remind me about it so I'm not late getting him there. Tell him why this is so important to me.</i></p>		
<p style="text-align: center; margin: 0;"><b>REVIEW/REVISE</b></p> <ul style="list-style-type: none"> <li>● What went well</li> <li>● Problems</li> <li>● What I learned</li> <li>● What next?</li> </ul>	<p><i>What happened: This tutor got held up and it got late but we stuck it out anyway and now we have an appointment for next week.</i></p>		