

Your abilities may change after a stroke.

Goal-Plan-Do-Check (GPDC) is a problem-solving tool you can use to meet your goals.

When you use a problem-solving tool and come up with your own strategies to meet your goal, you are more likely to stick to the plan.

# Using Goal - Plan - Do - Check

## An example

### Goal

What do I want to do?

I want to be sure I have enough energy during the day to go to all of my appointments.

### Plan

How do I achieve it?

My plan is to:

- Eat breakfast
- Check my blood sugar levels
- Schedule breaks during my day

### Check

Did I do my plan? Did my plan work?

I followed my plan and was able to go to all of my appointments and do all the things I needed to do today.

### Do

Complete my plan

Today I:

- Ate my breakfast on time
- Tested my blood sugar
- Took 2 breaks during my day

\*If you did not complete your plan, do your Plan.  
If your plan did not work, create a new Plan.

Use this worksheet to help you achieve your goal!

# Goal

What do I want to do?

# Plan

How do I achieve it?



# Check

Did I do my plan? Did my plan work?

# Do

Complete my plan

.....  
If you answered no,  
return to Plan\*



\*If you did not complete your plan, do your Plan.  
If your plan did not work, create a new Plan.

**When you achieve your goal, create a new one!**