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.

#### Toronto Stroke Networks

## 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.

**---**



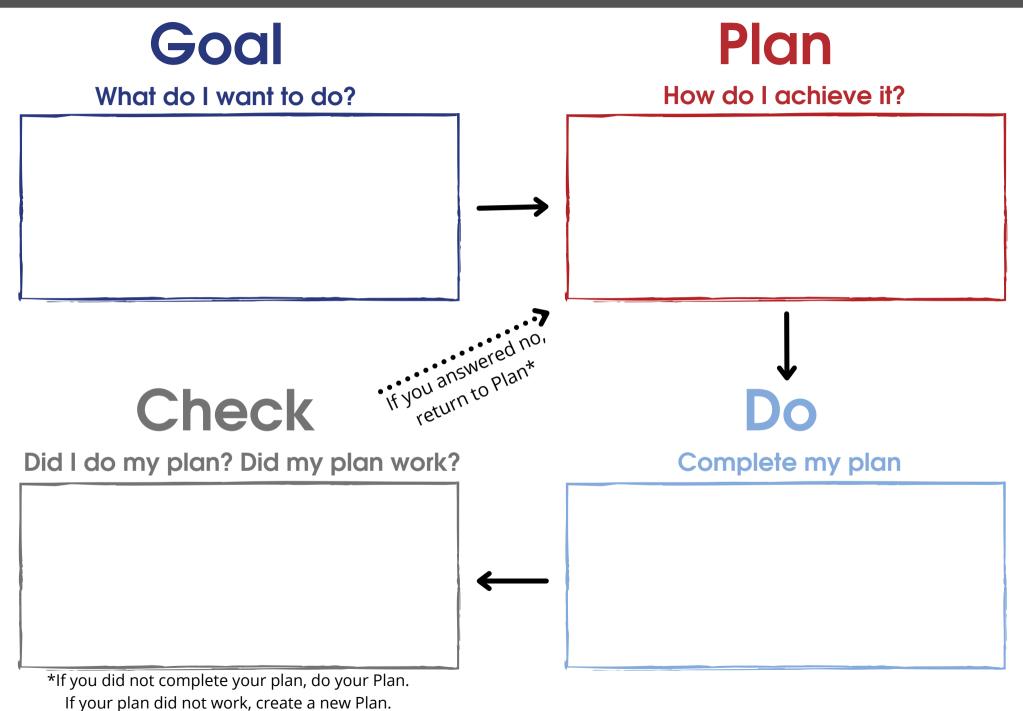
#### Today I:

- 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.

When you achieve your goal, create a new one!

### Use this worksheet to help you achieve your goal!



When you achieve your goal, create a new one!