

GPDR/R Worksheet – Cherie’s Example

<p style="text-align: center;">GOAL</p> <ul style="list-style-type: none"> • Meaningful • Doable • Little bit challenging 	<p><i>Bring my son to meet my mom during his Spring break – so that he’ll know his Grandma and she’ll know him.</i></p>		
<p style="text-align: center;">PLAN</p> <ul style="list-style-type: none"> • 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: 	<p>To Do #1 <u><i>Earn extra money</i></u></p> <p><i>At noon work break tomorrow, tell Rene and Allison that I’m looking for extra time</i></p> <p><i>Remind them first Monday of every month</i></p>	<p>To Do #2 <u><i>Get There</i></u></p> <p><i>This Friday after work, text Al about borrowing money for tickets.</i></p> <p><i>Ask Al to borrow money to get car looked over.</i></p> <p><i>Call Mel’s aunt to thank her for staying there one night.</i></p>	<p>To Do #3 <u><i>Get time off</i></u></p> <p><i>Next Monday (my day off) change any appts I have over the next couple of months, so I don’t need to miss any work</i></p> <p><i>After the car is checked, send an email to my supervisor asking for Spring break week off. Offer to work extra ‘til then.</i></p>
	<p><i>If the car isn’t going to make it, then I’ll plan to go the first week after school instead.</i></p>		
	<p><i>My reward for success: Seeing my boy happy (and maybe having some ice cream with him!)</i></p>		
<p style="text-align: center;">DO</p> <ul style="list-style-type: none"> • My supports • Reminders • Stay focused • Check in 	<p><i>Check in with Mel anytime I’m feeling like I can’t do this. Put a picture of my mom in Robert’s room so he gets energy around it.</i></p> <p><i>Tell people what I’m doing so they’ll support me. Tell my mom I’m coming so I don’t change my mind too easily.</i></p>		
<p style="text-align: center;">REVIEW/REVISE</p> <ul style="list-style-type: none"> • What went well • Problems • What I learned • What next? 	<p><i>When the tickets were too expensive, I came up with a Plan B. It was cheaper and do-able. I didn’t let my own past with my mom get in the way of my son’s connection to her. Sometimes you just have to let go and move forward!</i></p>		