

# GPAR Planning

GPAR is a planning strategy to help you persevere when faced with a difficult task. This strategy helps for setting and sticking with goals.

Use the following outline to help you make a plan for a short-term goal.

Goal (outcome or ideal situation)

Plan (what you need to arrive at the goal)

Action (specific steps needed to arrive at the goal)

Results (What results do you expect to see?)



Example: Make a plan to persevere on studying for a difficult test.

The **Goal** is to get an A on the test next Monday. The **Plan** is to study for seven hours. The **Action**: I will study with Josh for an hour on Monday after school. I will get up an hour early on Tuesday and write note cards. On Tuesday evening, my mom will quiz me for a half-hour on the cards. On Wednesday, I will study the text book and review the cards for an hour after school. On Thursday, my sister will give me the answers on the cards and I have to come up with the questions. On Saturday afternoon, I will practice matching terms and definitions for an hour. On Sunday, I will read through all of my notes. On Monday morning, I will review anything that I feel a little unsure about. The intended **Results** are that I will feel ready on Monday morning and get an A on the test.

