

The steps of GWPDC are simple:

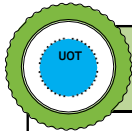
Goal	<p>They should be specific and meaningful for your child. They can be long-term goals like, “I want to be able to tie my shoes” or short-term goals like, “I want make my lunch”.</p> <p><i>Helpful phrases: “I need to set a goal.”, “What is your goal here?”, “This is a great goal.”</i></p>
Why	<p>This is where we establish the motivation for your child. When you help your child think about <i>why</i> they want to accomplish a goal it must be what is motivating for them. For example, we may want our child to finish their math worksheet because it will help them get good grades, while your child might be motivated because once he finishes he can have screen time. They why should be written in your child’s own words.</p> <p><i>Helpful phrase: “Why do you want to accomplish this goal?”</i></p>
Plan	<p>No one can reach a goal without a plan. Steps of the plan should be clear and discrete. Add checkboxes for each step so they can check them off as they complete them. Don’t forget to create a plan b. We all rely on plan b’s when our original plan doesn’t pan out. By creating a plan b from the beginning you’re making the flexible shift to a new plan predictable and part of the expectation.</p> <p><i>Helpful phrases: “Do you have a plan?” “Let’s make a plan.” “Let’s make a plan b, just in case our plan a doesn’t work”</i></p>
Do	<p>Once you have identified the goal and specific plan- it is time to try it out. When you are first working through this structure make sure to stick around and help your child execute the plan!</p> <p><i>Helpful phrases: “It look like we have a great plan to complete the project, what is the first step?”</i></p>
Check	<p>How did the plan work? Did we need a plan b? Were we able to accomplish our goal or do we need a different plan? Reflection is key to success and needing a new plan is not seen as a failure but part of the expectation.</p> <p><i>Helpful phrases: “Great job following your plan!”, “Can you believe we needed a plan c this time?!”, “What should we change about our plan to accomplish our goal?”</i></p>

One final tip, as often as possible integrate this language into naturally occurring conversations. Narrate your own experiences out loud so the frameworks and concepts become routine and familiar.

“My plan was to have spaghetti for dinner, but I am out of sauce, so my plan b will be to heat up the left over soup.”

“My goal was to get the grass cut before dinner but it started raining. My plan b will be to mow it before practice tomorrow.”

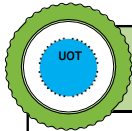
“My goal is to get all of the laundry put away before dinner.”



GWPDC



	GWPDC																					
GOAL	To make my lunch.																					
WHY	I am hungry and I want to be able to do it without my parent's help.																					
PLAN(S)	Plan A <input type="checkbox"/> Get a plate <input type="checkbox"/> Take out 2 slices of bread <input type="checkbox"/> Take out peanut butter and put it on the bread <input type="checkbox"/> Take out jelly and put it on the bread <input type="checkbox"/> Put away bread, peanut butter and jelly If we are out of peanut butter go to plan B		Plan B <input type="checkbox"/> Get a bowl <input type="checkbox"/> Take out a can of tomato soup <input type="checkbox"/> Open the can with a can opener <input type="checkbox"/> Pour the soup in a bowl, put the bowl on a plate <input type="checkbox"/> Heat the soup for 2 minutes <input type="checkbox"/> Clean up																			
DO	Follow my plan. Remember I can always use a plan B!																					
CHECK	<table><thead><tr><th>Did I accomplish my goal?</th><th colspan="4">How did it go?</th></tr><tr><th></th><th>1</th><th>2</th><th>3</th><th>4</th><th>5</th></tr></thead><tbody><tr><td></td><td>No, not so good</td><td></td><td>Part, OK</td><td></td><td>Yes, great</td></tr></tbody></table>					Did I accomplish my goal?	How did it go?					1	2	3	4	5		No, not so good		Part, OK		Yes, great
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GOAL	To play a game with my sibling																					
WHY	I love games and I have nothing else to do																					
PLAN(S)	Plan A <input type="checkbox"/> Ask if they want to play Connect 4	Plan B <input type="checkbox"/> Ask if they want to play Uno	Plan C <input type="checkbox"/> Ask if they want to play Memory	Plan E <input type="checkbox"/> Ask if they want to play Legos	Plan F <input type="checkbox"/> Play Solitaire by myself																	
DO	Follow my plan. Remember I can always use a different plan.																					
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