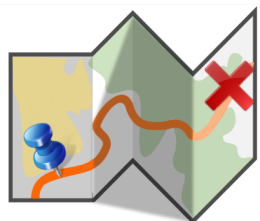


What is G-AP?

G-AP stands for **G**oal setting and **A**ction **P**lanning.

1. Coming up with the goal

Where am I at **now**?



Where do I want to **get**

2. Making an action plan



What do I need to **do**?



What might get **in the way**

and how can I **get past** it?



How **confident** am I?

3. Action

Carry out the **plan**...



alone

or



with help

4. Keeping track

How did I **get on**?



What should I **do next**?

Finish G-AP



I have achieved my **goal**