Additional File 6: Original G-AP Framework¹

4. APPRAISAL &

FEEDBACK
"How did I get
on...what's next?"

Evaluate *performance* in relation to action plan and *progress* in relation to goal

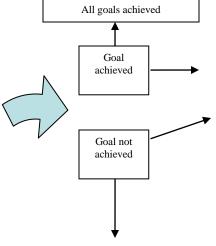


ACTION "OK – Just do it!"

Carry out the plan



Social and environmental context



3. PROBLEM SOLVING & PLANNING

"Right – how am I going to achieve this?"

Write an ACTION PLAN:

- * What are you going to do?
- * How much will you do?
- * When will you do it?
- * How often will you do it?

Consider a COPING PLAN:

- * What might get in the way of carrying out the action plan?
 - * How can this be avoided?

Confidence rating 0----7--10



"This is where I'm at ↔ this is where I'd like to get to"

Discuss specific problem(s) and potential goals.



2. GOAL SETTING

"This is specifically what I'd like to achieve"

Consider:
GOAL ATTRIBUTES
*Specificity
*Difficulty



1. Originally published in Clinical Rehabilitation: Scobbie, L., Wyke, S., Dixon, D. Goal setting and action planning in clinical rehabilitation: Development of a theoretically informed practice framework. Clinical Rehabilitation 2011; 25(5) 468–482. Copyright © 2011, SAGE Publications. All rights reserved. http://cre.sagepub.com/content/25/5/468.abstract