



**G** Goal-setting 

**P** Planning 

**S** Self-monitoring 

## Module 2

The GPS model

# Video lecture

# Patients struggle to turn oral care advice into action



You already excel at building **capability**



The GPS method focuses on **motivation** and **opportunity**, bridging the gap between advice and action

# Real change starts with GPS

**G**

Goal-setting



**P**

Planning



**S**

Self-monitoring



**A collaborative journey**

**Build  
motivation**

**Create  
opportunity**

# The GPS Method: Bringing It To Life In Your Daily Practice



# The GPS method and behavioral goals



**Behavior-based**  
goals



**Outcome-based**  
goals

# The GPS method: setting clear goals

G

Goal-setting



M

MEASURABLE

Include criteria  
to measure  
progress

R

RELEVANT

The goal should  
matter to the  
patient

S

SPECIFIC

Define exactly  
what a patient is  
going to do

A

ACHIEVABLE

Ensure a goal  
is realistic and  
attainable

T

TIME BOUND

Set a clear time-  
frame with a start  
and end date



“

To help prevent my gums from bleeding when I brush my teeth, (Relevant)  
I will use an interdental brush to clean between (Specific)  
all my teeth (Measurable)  
every day before I brush my teeth at night. (Time-bound)  
I will start my bedtime routine 10 minutes early to achieve this. (Achievable)

”

# The GPS method: creating actionable plans

P

Planning



Planning creates **opportunity**

Help your patients  
**visualize performing the desired  
behavior** at a specific time with all  
the resources they need.





# The GPS method: self-monitoring



Self-monitoring



Self-monitoring helps patients **gain insights** into their behaviors

Tracking progress **fosters motivation** and can transform behavior change into a rewarding journey



**Ready to put GPS into action?**

**Download the GPS template available in this module and try applying what you've learned to a theoretical patient of your choice.**