



- G Goal-setting
 - P Planning
- S Self-monitoring

Module 2

The GPS model

Video lecture







You already excel at building capability



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

Michie, S., Van Stralen, M. M., & West, R. (2011). The behaviour change wheel: a new method for characterising and designing behaviour change interventions. Implementation science, 6, 1-12.





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

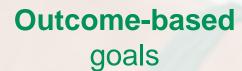
The GPS method and behavioral goals



Behavior-based goals











The GPS method: setting clear goals

Goal-setting

MEASURABLE

to measure progress

Include criteria

Ensure a goal is realistic and attainable

ACHIEVABLE

RELEVANT

The goal should matter to the patient

TIME BOUND

Set a clear timeframe with a start and end date

SPECIFIC

Define exactly what a patient is going to do







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 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.