

Staying on Track with Diabetes

Diabetes can impact all aspects of life and life can impact diabetes. With all the diabetes self-management tasks required of people living with diabetes, it can be difficult to stay on track. Setting goals can help you to achieve this.

What are the steps for setting goals?

1. Identify the change(s) you want to make
2. Identify the steps you need to take to make the change(s)
3. Break the changes down:
 - Small
 - Achievable
 - Challenging – not too easy
 - Needs to be a behavior ie. Something you can do
 - Something **you** want to do
4. Develop a plan for carrying out the change – your plan must answer:
 - What am I going to do?
 - How much am I going to do?
 - When am I going to do it?
 - How often am I going to do it?
 - How confident am I that I will achieve this goal?

Answer from 1 to 10. Not confident at all = 1. Completely confident = 10.

Examples of goals you may want to set:

Healthy Eating – Reduce fat; reduce portion sizes; increase vegetable intake; increase water intake

Physical Activity – Begin an activity; increase activity or change the type of exercise

Monitoring – Increase frequency; keep a log book or review blood sugar patterns daily to assess for a change

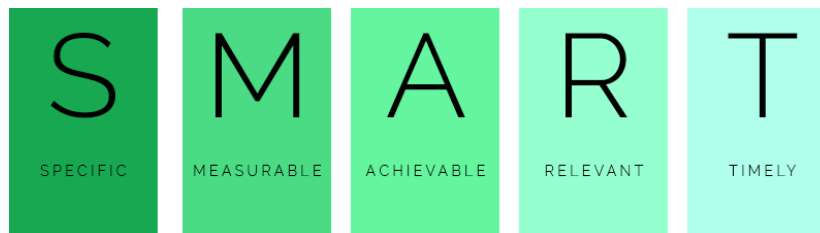
Medications – Take medication as prescribed; site rotation if taking an injectable medication

Reducing risk – Check feet daily; monitor blood pressure weekly; check eyes and teeth regularly

Keeping well - Keep health care visits; going to an education visit at least once per year; be mindful of your health

Reduce stress – relax with music, reading, yoga, meditation

Note: If your confidence score is less than 6, you may need to adjust your goal



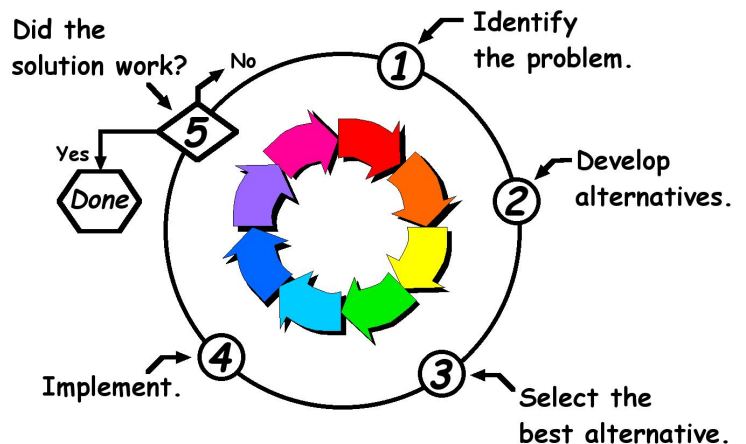
Setting Personal Goals

The steps involved in problem solving

It is important to review your progress with the goal you set. If you were able to achieve the goal, then make your goal a little more challenging. If you were unable to achieve the goal then follow these steps:

1. Identify the problem or barrier preventing you from achieving your goal
2. Think of possible solutions to overcome the problem or barrier
3. List all the possible solutions (This is called brainstorming ideas)
4. Choose one solution to try for the following week.
5. If none of these solutions are possible, change or modify your goal.
6. At the end of the week, review your progress.

Steps to solve a problem...



Set yourself a goal – You can do it!

Set your own goal

People often find they have more success in achieving their goal when they write it down.

What will I do? _____

**Example
Walk**

How many times per week? _____

3 times per week

When will I do it? _____

Mon, Wed and Fri Mornings

For how long will I do it? _____

20 minutes

How confident am I? 1 2 3 4 5 6 7 8 9 10

Not at

Completely

all

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