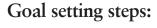
Goal Setting

It is not easy looking after the day-to-day needs of your diabetes. Everything in life can affect your diabetes and diabetes can affect every part of your life.



Make SMART goals:

S Specific
M Measurable
A Attainable
R Realistic
T Timeline



- 1 Know the problem
- 2 Think of ways to fix it
- 3 Do you have thoughts about this problem
- 4 Choose a way and try to fix it
- 5 See how it works

Smart goal example:

S	Walk
Μ	10 minutes
A	Three days a week, in the evening
R	"I think I can" level 7 out of 10
Т	Starting this week





Now it is your turn...

People often find they do better at meeting their goal when they write it down. Please think about a goal and answer the following questions:

What will I do?

How many times per week?											
Whe	en will I d	lo it?									
For	how long	g will I	do it?								
How	v sure am	n I that	I will m	eet this	goal:						
1	2	3	4	5	6	7	8	9	10		
Not	at all sure							Ve	ry Sure		
Cha	llenges I	may ha	we with	this goa	1:						
Oth	er ways I	can m	eet this §	goal:							

Good luck at meeting your goal!

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