

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.



Education



Healthy Eating



Health Team

you



Exercise



Insulin



Monitoring



Pills

Make SMART goals:

S	Specific
M	Measurable
A	Attainable
R	Realistic
T	Timeline

Goal setting steps:

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
M	10 minutes
A	Three days a week, in the evening
R	"I think I can" level 7 out of 10
T	Starting this week

