Action Plan

Using your answers on the Ready for Change worksheet, pick a goal to work on. Take a few minutes to think of some of the things about your diabetes care you would like to change. Write down your goals.

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________

*Put an * beside the one you would like to start on.*

Write down some of the action steps to meet your goal

1. __________________________________________
2. __________________________________________
3. __________________________________________

*Put an * beside the one or two you would like to work on.*

This week I will ___________________________ (what)
______________________________ (how much)
______________________________ (when)
______________________________ (how often)

0 1 2 3 4 5 6 7 8 9 10
Not Confident          Confident

How confident are you that you can do your plan? Score: __

Signature ___________________________ Date ____________