

Taking Inventory of RIGHT NOW.

To move forward in any direction, it's important to know where you are starting.

How is my SLEEP? NUTRITION? MOVEMENT?

How is my MOOD? STRESS? MENTAL HEALTH?

How are my current SELF-CARE PRACTICES?

How is my DIABETES MANAGEMENT?

THE GOAL

Perhaps... A "perfect" A1C is not the goal, but rather living the best possible life with diabetes.
Living well. Feeling good –
Physically, mentally,
and emotionally.

What am I building towards?

THE SELF-CARE

What brings me joy?
What fills me up / uplifts me?
What makes life sweeter?

THE DIABETES STUFF

What helps make management easier?
What can I add to the foundation to move towards my goals?
How can I adjust how I talk to myself about diabetes?

THE SUPPORTS

Who is in my corner? – Diabetes team, friends, family, support groups, forums
What are my resources? – Coping Strategies, useful websites or app, community programs

BUILDING THE FOUNDATION

How can I better my sleep hygiene practices, Make shifts in my nutrition, Add in more movement?

THE WHY

Why is diabetes management important to ME? What would better stress management and mental wellness mean?
Why do I want to be the BEST possible me – physically, emotionally, mentally?