

# Keeping On track with *Diabetes*

*Diabetes can have an impact on all aspects of life and all aspects of life can impact on 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 changes you want to make
2. Identify the steps you need to take to make the changes
3. Break the changes down:
  1. Small
  2. Achievable
  3. Challenging – not too easy
  4. Needs to be a behavior (ie. Something you can do)
  5. 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.

**Note:** If your confidence score is less than 6, you are recommended to revise your goal.

## Areas you many want to set goals:

**Healthy Eating** – Examples include: Reducing fat; reducing portion sizes or increasing your vegetable intake

**Physical Activity** – Examples include: Commencing exercise; increasing your activity or changing the type of exercise

**Monitoring** – Examples include: Increasing your testing times; keeping a log book or reviewing blood sugar levels with meals, exercise or medication changes

**Medications** – Examples include: Taking your prescribed medication at the correct dose and time; site rotation if taking insulin or keeping a record of the medications you take

**Reducing risk** – Examples include: Following the 'Rule of 15' for all blood sugars less than 70mg/dL or checking ketones if you have Type 1 diabetes

**Keeping well** – Examples include: Keeping health care visits; going to an education visit at least once per year; checking your feet daily or having your eyes checked each year

**Reduce stress** – Example: Introduce stress lowering techniques ie music, reading or walking

# Setting Personal Goals

## Setting 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 8  
Not at Completely  
all

## The steps involved in problem solving

It is important to review how you went 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 week.
5. If none of these solutions are possible, change or modify your goal. Maybe you are not ready to try this goal at the moment.
6. At the end of the week, review your progress.



*“Don’t be discouraged. Start small and work your way up!”*



**Set yourself a goal – You can do it!**

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