

Take Control

Chapter 1

Vision, Goals and Action Plans

You Will Learn About:

1. Self-management and review what a “self-manager” is
 - a. What is “self-management” and what is a self-manager?
 - b. How self-management can help you
 - c. What changes you can make to become a self-manager
 - d. Who can help you become a self-manager
2. The steps to change your life
 - a. Define your vision
 - b. Set Goals
 - c. Build action plans
3. How to problem solve to manage your diabetes
4. How to review your action plan

1. Define “Self-management” and Review What a “Self-manager” is

What is self-management and what is a self-manager?

Self-management means you take an active role in your health.

A self-manager learns about diabetes and how to control it. Sometimes being a self-manager means making changes. Become a self-manager and commit to making changes as needed to manage your diabetes.

Being a self-manager means you:

- Know about your health problems
- Make informed choices about your health
- Track and manage your symptoms
- Find answers and solve problems about your health

Your health care team will help you become a self-manager.

How can self-management help me?

Self-management helps you take better control of your diabetes.

Taking control means you manage your:

- Blood sugar
- Blood pressure
- Cholesterol

To help manage your blood sugar, blood pressure and cholesterol:

- Take your medicines as prescribed by your doctor
- Eat Healthy

- Exercise and be active
- Take care of your stress, depression
- Avoid smoking or breathing second-hand smoke
- Monitor your blood sugar, blood pressure and cholesterol levels

Self-management will help you live longer and feel better.

What changes can I make to become a self-manager?

You can make changes to become a self-manager. These changes will affect many areas of your life.

Changes can include:

- Taking your medicine as prescribed
- Eating habits
- Exercise habits
- Sleep habits
- How you deal with stress and emotions
- Quit smoking or avoid breathing second-hand smoke

These changes can impact your family, work and social life.

Who can help me become a self-manager?

Many people will help you become a self-manager. They can support you with your changes. Talk to the people below for help:

- Family doctor
- Diabetes doctor (endocrinologist)
- Pharmacist

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- Diabetes education team (such as a nurse and a dietitian)
- Exercise team
- Social worker or psychologist
- Family and friends
- Other people living with diabetes

2. Review the Steps to Change Your Life

Become a self-manager to make changes in your life. There are 3 steps to help make changes:

1. Define your vision
2. Set goals
3. Build action plans

1. Define your vision

The first step to make changes is to define your vision. Your vision is what you work toward. Read the examples below to help you define your vision.

Picture yourself in the future and ask yourself 2 questions:

1. What do I want to feel like in the future?

For example:

- I will feel good
- I will feel healthy
- I will have more energy
- I will be happy
- I will feel closer to family and friends

2. What do I want to do differently in the future?

For example:

- I will do all the things I need to do each day
- I will be able to play with my grandchildren
- I will be able to play sports
- I will volunteer
- I will travel

Post your vision statement where you can see it every day. Places like in your home or office are great ideas. See it every day to remind you what you are working towards.

2. Set goals

After you have a vision, you need to make changes. These changes will help you reach your vision. Set goals to help you make these changes. You can set a few goals to reach your vision.

Ask yourself this question: What do I need to do to reach my vision?

There can be a few things you need to do to reach your vision. For example:

- Sleep better
- Eat healthy
- Exercise
- Manage stress
- Track and respond to blood sugar readings

Achieve your goals to get closer to your vision. For example, when you eat healthy and exercise you will have more energy.

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As you write out your goals you may feel like the changes are too much to handle. It is normal to feel that way. Pick one goal to start. Do not make too many changes at once. If you still feel it is too much to handle, talk to your health care team for help.

Choose one goal to work on. Write this goal below.

The one goal I will to work on is:

Example

To exercise on a routine

Answer the questions below about your goal.

1. List the reasons why you want to reach this goal. Think about how your life will change if you reach this goal.

Write down why you want to reach your goal:

Examples of why you want to **exercise on a routine:**

- I will feel better in body and mind
- My blood sugar will be better
- I will sleep better
- I will have more energy

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If you circled 7 or higher, answer the next question.

4. How **ready** are you to work on this goal? Circle a number on the scale below.

0 1 2 3 4 5 6 7 8 9 10

I am not ready I am almost ready I am very ready

It is important that you believe you are ready. Your rating should be 7 or higher to succeed. If you circled 6 or less, then you are not ready to work on this goal. Choose a new goal.

You are more likely to achieve your goal if you:

- ✓ 1. Believe your goal is **important**,
- ✓ 2. Feel **confident** you can do it, and
- ✓ 3. Feel **ready** to work on the goal

Making Your Goal Detailed

Write down your goal. The next step is to make sure your goal is detailed. Ask yourself these 4 questions:

1. How will I know I have reached my goal?

Example goal: Exercise

I will know I have reached my goal when I am walking for 30 minutes, 3 to 5 times each week.

**2. Can I do what it takes to reach my goal?
Is it too hard?**

Example goal: Exercise

I will start with 10 minutes of exercise 3 days a week. Then I will build up from there. If I take it slow then I think I can do this.

3. Is this goal going to help me reach my vision?

Example goal: Exercise

Yes. If I exercise I will improve my health and have more energy. I will be able to play with my grandchildren.

4. When do I want to achieve this goal? Is there enough time?

Example goal: Exercise

I want to achieve this goal in 3 months. This is a good amount of time for 5 reasons:

- It gives me time to talk to my healthcare team about exercise
- It is enough time to find out what kind of exercise I like
- I have time to buy a pair of running shoes
- I will have time to figure out where I am going to exercise
- I will also have time to build the habit of doing exercise

3. Build action plans

Once you have your goal you will need an action plan. Create an action plan each week to achieve your goal. These action plans will help you take steps to achieve your goal.

You will need to make changes to achieve your goal. Making changes can feel like it is too much to handle. It is normal to feel this way. Break your goals down into smaller steps each week. This will make it easier to change. Weekly action plans help you decide what you do each week. Action plans describe your actions to reach your goal.

Steps to Building Your Action Plan:

Answer the questions below to build your action plan each week:

1. What am I going to do?
2. When am I going to do it?
3. Where am I going to do it?
4. How much am I going to do it?
5. How often am I going to do it?

Steps to Change

1. Define your vision
2. Set goals
3. Build action plans

Action Plans are:

- Related to the goal you have set
- Detailed
- Action based, which means they outline what you will do
- Reviewed weekly

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Fill in the blanks:

This week I will _____ (Example: walk)
(what)

_____ (Example: after dinner)
(when)

_____ (Example: around the block)
(where)

_____ (Example: 15 minutes)
(how much)

_____ (Example: 3 days this week)
(how often)

What do you need to do to meet this goal?

Write what you need to do here:

**Using the example
above**

I need to schedule 3
days this week to walk.

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How **confident** are you to finish this week's action plan? Circle a number on the scale.

0 1 2 3 4 5 6 7 8 9 10

Not very confident Very confident

Review these tips:

- It is important you believe you can achieve your goal. Your rating should be 7 or higher to succeed.
- If your rating is 6 or less, choose a new goal. You can learn more about your goal to prepare yourself.
- If your action plan is big, set smaller action plans. Change parts of your action plan such as “how much” or “how often”. This will help you feel confident and ready to get started.

Review Your Action Plan

Review your action plan once a week. Think about how you did with last week's action plan. Ask yourself:

- What went well with last week's action plan?
- What did not go well with last week's action plan?

If you achieved your action plan – that is great. Make a new plan for this week. Each week will keep you moving toward your goal and vision.

If you did not achieve your action plan - do not worry. Something may have got in your way. It can take months to create healthy habits that last. It is important to learn how to handle this. You must problem solve when you do not achieve your action plan. Problem solving helps you take charge of your life. It will also help you achieve your goal.

3. Learn How to Problem Solve to Help Change Your Life

Problem Solving

It is okay if your weekly action plan does not go as planned. Problem solving helps when your action plan does not go well. Problem solving is a key skill to learn. Here are steps to follow when things do not go as planned:

1. Describe the problem
2. What stopped you from doing your action plan?
3. Brainstorm and think about other ways to achieve your plan
4. Pick one idea to try
5. Build your next action plan
6. Try a new idea if the first idea did not work

Remember

You are not alone. Talk to your healthcare team for help. Your family members or friends can also help. They can help you problem solve and stay on track.

