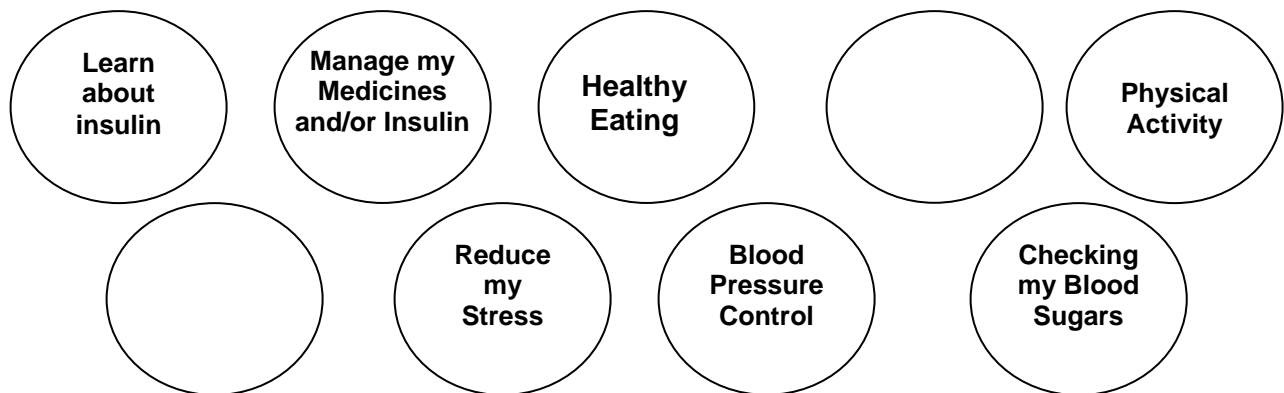


# Managing My Diabetes With Insulin

## Where Do I Begin?

Look at the bubble options below and choose the one you are most interested in trying first. There are also some blank bubbles for you to fill in if you want to start with an activity not listed below.

As you look over your action options, you may be tempted to jump in and try to “fix” everything at once. If you are like most people, you will find that trying one thing at a time will help you succeed in learning to control your diabetes. **Where would you like to begin?**



The action plan I want to try first is \_\_\_\_\_

## How Ready Am I?

Circle the number on the bar below that describes how ready you feel.

0	1	2	3	4	5	6	7	8	9	10
<i>Not Ready</i>										<i>Ready</i>

**If you chose 0 – 3**

**ask yourself:**

What might need to be different for me to consider making a change in the future?

Is there something different I feel ready to try right now to manage my diabetes?

**If you chose 4- 6**

**ask yourself:**

What are the pros and cons of making this change? (see “**I’m Not Sure I’m Ready**”)

**If you chose 7- 10**

**ask yourself:**

What is my goal? (see “**I’m Ready to Take Action!**” and note your plan below)

# Managing My Diabetes With Insulin

## I'm Ready To Take Action!

<b>My Goal</b> <i>Note what you will do, how long, when and how often you plan to do it.</i>	<b>Steps to Success</b> <i>Note ideas for staying on track towards your goal.</i>
<b>Example:</b> <ul style="list-style-type: none"> <li>I will talk to someone who uses insulin before the end of the month</li> <li>On Thursday I will watch a video on insulin</li> </ul>	<b>Example:</b> <ul style="list-style-type: none"> <li>I will review my A1c lab test with my provider</li> <li>I will review information about insulin and diabetes on my physician's homepage</li> </ul>
<b>How I plan to reward myself:</b>	

## I'm Not Sure I Am Ready: Weigh the Pros and Cons

You are not alone. Most people find they have some good reasons for making a change and some good reasons for not making a change. Taking a closer look can help you know if this is the right time for you to take action. Ask yourself two key questions to get you thinking.

- What are some reasons for keeping things just as they are and not making a change?
- What are some reasons to take action to control my diabetes?

You may find it helpful to jot down some of the pros and cons. Circle how important each one is to you: **1** = not important, **2** = somewhat important, and **3** = very important

Reasons Not to Take Action	Importance	Reasons to Take Action	Importance
	1 2 3		1 2 3
	1 2 3		1 2 3
	1 2 3		1 2 3

## You Are In Charge Of Your Own Health Habits

If you would like some help taking a closer look at your current health choices or next steps, you may wish to contact your personal physician or diabetes care team. If you would like to continue thinking it through on your own, try these questions on for size:

- How might my life and health be different if I make this change?
- How important is it to me to manage my diabetes?

When you are ready, you will find a way to manage your diabetes. We are here to help.