

Setting goals

It is important to break down any diabetes goals into small, manageable chunks. If your diabetes care has gone off-track, it can feel very overwhelming to make big changes and setting goals like this can be unrealistic and cause even more stress. Any goals you have for your diabetes need to be SMART. Once you have achieved your first goal, you can build up to the next. Here is an example, with blank space to create your own goal(s).

	Example	My Goal
<p>Specific Outline exactly what you want to do</p> <p>Measurable How can you track your goal?</p> <p>Achievable Make your goal challenging but possible</p> <p>Realistic Be honest with how much you can do at the moment</p> <p>Time-limited Set a clear time frame</p>	<p>I want to check my blood glucose 3 times per day (specific). I will check when I wake up, before lunch, and before bed (specific). I will log my levels on my phone to keep on track (measurable). I will set alarms to remind me and help me achieve this goal (achievable). Once I have done this for 3 days, I will set another goal to increase my blood glucose checks further (realistic & time-limited).</p>	

It can also be helpful to set different goals depending on whether you are having an easier or difficult day.

Some examples of easier day goals are:

- Checking blood glucose levels at least 4 times per day and making adjustments when needed
- Cook a meal from scratch

Some examples of difficult day goals are:

- Eat pre-prepared food, or food you already know the carb content for
- Talk to my best friend or family member

Use the boxes below to list your own “easier/difficult day” goals (courtesy of: Talking Type 1 Diabetes). It can helpful to have this written down ahead of time.

<p>Easier day goals</p>	<p>Difficult day goals</p>