



# My Action Plan

Learning Objective	Behavior	Learning Method and Materials
1. Discuss the need to make changes to be successful in controlling diabetes.	1.	1. Written material, <b>"My Action Plan, Self-Management Skills"</b> and class discussion.
2. Describe the skills you may need to change to control your diabetes.	2. Discuss about what skills you need to make to control your diabetes.	2. Written material "My Action Plan, Self-Management Skills" and class discussion.
3. Discuss how doing things to control your diabetes may interfere with your everyday activities.	3. Talk about what has changed in your everyday life since you have had diabetes	3. Written material "My Action Plan, Self-Management Skills" and class discussion.
4. Discuss how your emotions have changed since you have had diabetes.	4. Talk about the emotions you have experienced and how they affect you and your family.	4. Written material "My Action Plan, Self-Management Skills" and class discussion.
5. Discuss the 6 steps to an Action Plan.	5.	5. Written material "My Action Plan, Self-Management Skills", <b>"Ready for Change Worksheet"</b> , and class discussion.
6. Decide what behaviors you would like to change to better manage your diabetes.	6. List the things you are ready to change in you diabetes care.	6. Written material "My Action Plan, Self-Management Skills", "Ready for Change Worksheet", and class discussion.
7. Select a behavior that you are ready to change.	7. Look at the "Ready for Change Worksheet" and select one thing you are willing to change now.	7. Written material "My Action Plan, Self-Management Skills", "Ready for Change Worksheet", and class discussion.
8. Write your action plan.	8. Using what, how much, when and how	8. Written material "My Action Plan,

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	often write and Action Plan for the goal you selected.	Self-Management Skills", and class discussion
9. Determine your confidence level.	9. Write down your confidence level, if it is below 7 make changes to your Action Plan.	11. Written material "My Action Plan, Self-Management Skills", and class discussion.
10. Monitor your progress	10. Write your goal in the "Goal Tracker" and circle the days you will work on your goal, check it off when you have done it.	11. Written material, " <b>Goal Tracker</b> "
11. Review your "Goal Tracker"	<p>11. After a week look at your "Goal Tracker"</p> <p> If you were successful                      Congratulations! Do you want to keep the same goal for the next week or would you like to change it or add another goal?</p> <p> If you were not successful use the Review 'to see how to change</p>	11. Written material, "Goal Tracker"