DEALING WITH SETBACKS

Learning from setbacks is important in managing type 2 diabetes. Reflecting on a setback and planning ahead for the challenges you will face will help you get back on track. Use the following tool to help you navigate the challenges.

Example:

• **When** I am going to a party and there’s an abundance of unhealthy food
• **I will** eat a healthy, diabetes-friendly snack before I go so I’m not hungry. I will take a breath and remind myself how important my choices are and that I have the power to make good ones
• **Because** I will be proud of myself for making good choices to help manage my blood sugar

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When

*(Describe the challenge you are facing.)*

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I will

*(What strategies can you put in place to ensure your success?)*

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Because

*(Why is it important that you stay the course in managing your diabetes?)*

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Talk to your doctor if you are having trouble managing your type 2 diabetes. MyType2Transformation.com has videos and downloadable tools and resources you can use to help transform the way you manage your type 2 diabetes. Check it out now.

Marlene Boas is a paid spokesperson for Novo Nordisk.