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LIFE COACH

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

When

(Describe the challenge you are facing.)

I will

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

Because

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

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.**