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LIFE COACH

FINDING YOUR ANCHOR

Making a long-term change is easier when it's anchored to what is most important to you. Take some time to think about all the reasons managing your type 2 diabetes is important to do NOW! Write them down. Which is most important? That is your anchor!

A large, empty rectangular area with a dashed border, intended for writing down reasons for managing type 2 diabetes.

Keep this in a prominent place (maybe as a picture on your phone) so when things get challenging or your motivation weakens, it will remind you why you're transforming your type 2 diabetes management and help you get back on track.

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.**