



**Marlene Boas**  
LIFE COACH

# MAPPING YOUR JOURNEY

When it comes to managing your type 2 diabetes, there is a lot you need to know and do. Sometimes it can feel overwhelming and you may not know how to start or stay on track.

This is a tool I created to help people stay on track and reach their goals. Use it to write down your motivations and anchor—the reason why you chose now to transform the way you manage your type 2 diabetes.



**WHY?** \_\_\_\_\_

**GOAL** \_\_\_\_\_



## Optimal Health and Wellness Behaviors

Long-term benefits of managing my diabetes. List all:

---

---

---

---

---

---

---

## Current Health and Wellness Behaviors

Long-term consequences of NOT managing my diabetes. List all:

---

---

---

---

---

---

---

## Incremental Positive Steps I've Taken:

---

---

---

---

---

**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.