Joslin Diabetes Center

Four Steps to
Staying on Track – Goal Setting

Having diabetes means having to pay attention to a lot of different things in order to stay well and reduce the risk of having problems. It can be hard to do everything at once and easy to get off track. Follow these four steps (asses, focus, plan, do) to help you get started or to help you get back on track.

Assess	Choose one area you'd like to work on	Healthy eating Reducing Risks Being active Decreasing highs/lows Taking medications Healthy coping Monitoring Other:_____
	How important is this for you now?	1 2 3 4 5 6 7 8 9 10 Least Most
Focus	*Why* is this important?	
	What might make it hard to do?	
	What might help?	
Plan	List a few things you could try.	
	Pick the ONE you'll start now. Write a specific goal.	
Do	Do it! Do it again. What worked or didn't work? Do you need to rewrite the goal?	

Start Date:_____ Review Date:_____
Signature:_____

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