



Pre Diabetes Plan

Reduce your risk

Name five things you are good at?

1. _____
2. _____
3. _____
4. _____
5. _____

Pick three out of the five mentioned above. What skills do you have that makes you notice you are good at these?

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On your best day of staying healthy what do you notice that is different on that day?



Consider on that day...

What are you **thinking**?

What are you **feeling**?

What are you **doing**?

What will **others notice** on this day?

On a scale of 1 -10 (10 being management of pre diabetes at its best)
What number would best describe the above day? _____



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Think of a day when you are **not as healthy as you would like** to be what do you notice that is different on that day?



Consider on that day...

What are you **thinking**?

What are you **feeling**?

What are you **doing**?

What will **others notice** on this day?

On a scale of 1 -10 (10 being management of pre diabetes at its best) What number would best describe the above day? _____



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What is working well?

What has **worked well** in the past?

What has **not worked well** in the past?

Who can **help/support** you?

(E.g. diabetes uk, GP Practice, family friends, local groups)

Think about things that can help keep you well.

(E.g. meal plan, timetable, diary)



