My action plan

My top priorities for change are:

1. 
2. 

Actions
To tackle my first priority for change, I plan to try the following strategies:

1. 
2. 
3. 

To tackle my second priority for change, I plan to try the following strategies:

1. 
2. 
3. 

Adapted from Diabetes Burnout, William H. Polonsky, PhD, CDE