Action

Life Coach - Mind

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



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