

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

