



Week 8: Living Well – Self-Management and Goal Setting

Diabetes is part of your life, but it doesn't have to control it. Setting small, realistic goals can help you feel in charge

Tips for success:

- Set one small health goal each week (eg., 'I will walk for 10 minutes after dinner, three times this week').
- Use reminders – phone alarms, fridge notes, or a friend.
- Celebrate progress, not perfection.
- Stay connected – join a local diabetes group or use Diabetes UK resources.



Did you know?

People who set and track small goals are more likely to see lasting improvements in their health.

