

The big diabetes stress busting plan



1 What are the issues at the moment?

2 How do these issues make us feel?

3 Why is it important for us to work on these issues?

4 What are the steps we need to take to improve things?

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

5 Is there anyone or anything we need to help us?

7 What will we do to celebrate our hard work?

We agree that this plan is important to us and that we're committed to working hard on it.

Signed:

