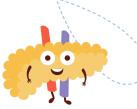


Reduce your risk

| Name five things you are good at? | |
|---|------|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| Pick three out of the five mentioned above. What skills do you have makes you notice you are good at these? | that |
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| | |

Reduce your risk

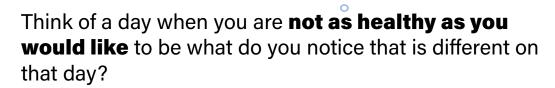


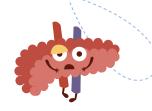


| Consider on that day |
|--|
| What are you thinking? |
| |
| |
| What are you feeling? |
| |
| |
| What are you doing? |
| |
| |
| What will others notice on this day? |
| |
| |
| On a scale of 1 -10 (10 being management of pre diabetes at its best) What number would best describe the above day? |



Reduce your risk





| Consider on that day |
|--|
| What are you thinking? |
| |
| What are you feeling? |
| |
| What are you doing? |
| |
| What will others notice on this day? |
| |
| |
| On a scale of 1 -10 (10 being management of pre diabetes at its best) What number would best describe the above day? |



Reduce your risk

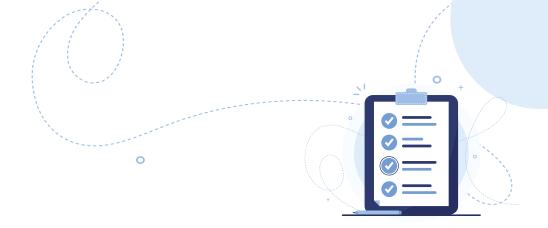


What is working well?

| What has worked well in the past? | |
|--|--|
| | |
| | |
| | |
| What has not worked well in the past? | |
| | |
| | |
| | |
| Who can help/support you? (E.g. diabetes uk, GP Practice, family friends, local groups) | |
| | |
| | |
| | |
| Think about things that can help keep you well. (E.g. meal plan, timetable, diary) | |
| | |
| | |
| | |



Pre Diabetes Plan Reduce your risk



My Plan:

www.riversidepracticestrabane.co.uk