

Lasting behavior changes are made more solid when in accord with your deepest held values.

Step 1: Start by circling some values¹ that are most important to you in your life:

ACCEPTANCE	ACCURACY	ACHIEVEMENT	ADVENTURE	ATTRACTIVENESS	AUTHORITY	AUTONOMY	BEAUTY
CARING	CHALLENGE	COMMITMENT	CONTRIBUTION	COMPASSION	COOPERATION	COMFORT	CHANGE
COURTESY	DEPENDABILITY	CREATIVITY	DUTY	FAITHFULNESS	FAMILY	FAME	FITNESS
ECOLOGY	EXCITEMENT	FLEXIBILITY	FRIENDSHIP	GENEROSITY	HEALTH	FORGIVENESS	FUN
GENUINNESS	GROWTH	HELPFULNESS	HONESTY	HUMILITY	INDEPENDENCE	INNER PEACE	HOPE
HUMOR	INDUSTRY	INTIMACY	KNOWLEDGE	JUSTICE	LEISURE	LOVING	MINDFULNESS
MONOGAMY	NURTURANCE	LOVED	MASTERY	MODERATION	NON-CONFORMITY	OPENNESS	ORDER
PLEASURE	POWER	RATIONALITY	RESPONSIBILITY	PASSION	POPULARITY	REALISM	RISK
PURPOSE	ROMANCE	SELF-ACCEPTANCE	SELF-ESTEEM	SERVICE	SIMPLICITY	SAFETY	SELF-CONTROL
SELF-KNOWLEDGE	SOLITUDE	SEXUALITY	SPIRITUALITY	TOLERANCE	STABILITY	PEACE	VIRTUE
WEALTH	OTHER _____	OTHER _____	OTHER _____	OTHER _____	OTHER _____	OTHER _____	OTHER _____

Step 2: Now, look over the list again, and choose the most important 5 values you believe guide you most in life. On the line at the right, write **why each strongly held value is important to you.**

1st _____

2nd _____

3rd _____

4th _____

5th _____

Step 3: Write 2 real-life situations you've struggled with and overcome or dealt with effectively. How did you persevere, or what beliefs and values helped you get through?

1 _____

2 _____

[Turn over page and write more if you need more space]

Step 4: List a few things you have done well lately with diabetes and describe.

1 _____

2 _____

3 _____

Step 5: List a few difficulties with your diabetes you'd like to work on changing.

1 _____

2 _____

3 _____

[below are some examples, but you do not have to pick from this list]

Check BG more	Take diabetes more seriously	Improve diabetes balance	Freak out about BG number less
Exercise More	Take insulin	Eat more regularly	Over-snacking
Overeating	Not knowing enough	Guilt about diabetes mgt.	Worry about complications
Worry	Complications	I feel alone	No one understands how hard it is
Being "on" 24/7	Others nagging me about diabetes	Never having a break	Wondering if I am doing well enough

Step 5: For problems listed above what have you tried? Where and how did it go well? And then how did it stop working?

1 _____

2 _____

3 _____

Step 6: Now pick 1 of the problems to work with. It might be the easiest, hardest, or the 1 you're most invested in changing.

On a **0-10 scale** [0 is none, and 10 is highest] select how important it is for you to change this **0 1 2 3 4 5 6 7 8 9 10**
 If ranking is below 6, I'd select another problem

Step 7: Decide if you want to use one of the solutions that worked some in the past from **Step 5? If yes, list _____**
If no, brainstorm 3 solutions you'll consider, or would like to consider. Just list first before you do the other parts.

<u>Solution</u>	<u>Will it solve the problem?</u>	<u>Potential Roadblocks</u>	<u>Shortest time or fewest times you're willing to try?</u>
_____	Yes No	_____	1 hour 1 day 1 week 1 time _____
_____	Yes No	_____	1 hour 1 day 1 week 1 time _____
_____	Yes No	_____	1 hour 1 day 1 week 1 time _____

Choose one

Step 8: List the solution you have decided to experiment with _____
 On a **0-10 scale** [0=none, 10=highest] **how confident** you are can succeed? **0 1 2 3 4 5 6 7 8 9 10** for the time listed?
 If ranking is below 6, I'd think about ways to shore up the solution and avoid the roadblocks.

Step 9: Set a start date ____-____-____ and a start time ____:____ AM PM – Then on that date and time, give it a go.

Step 10: Evaluate whether your solution worked; how it fit into your values, and what strengths you utilized to turn yourself around **180 degrees. I congratulate** you. Congratulate yourself in some way!
 When ready, take on another problem, and **turn it around 180 degrees.**

¹From the work of W. R. Miller, J. C'de Baca, D. B. Matthews, P. L. Wilbourne - University of New Mexico, 2001