

You've Got This

Small steps. Lasting habits. A healthier future.

You don't have to be perfect.

Living well with diabetes isn't about having perfect blood sugar every day.

It's about making small choices that, over time, lead to better health.



Every healthy meal



Every walk



Every medication



Every appointment



Every question you ask

It all matters.



What You've Learned



You understand what diabetes is.



You know what your numbers mean.



You understand your treatment options.



You know how to enjoy food with confidence.



You know that movement doesn't have to be complicated.



You know how to protect your long-term health.



You know what to do when your blood sugar is too high or too low.



*You've already taken important steps.
Keep going—you're building a healthier future!*

Remember...

You don't have to do everything today.

Choose one small step.

Build from there.

Healthy habits are built one day at a time.



My Next Step

- ☐ Schedule my next appointment.
- ☐ Go for a 10-minute walk.
- ☐ Drink more water.
- ☐ Check my blood sugar regularly.
- ☐ Build a balanced dinner tonight.
- ☐ Ask Karen a question I've been putting off.

My own goal:



Questions for Karen

- ☐ What's my next step? _____
- ☐ What goals should I focus on first? _____
- ☐ How often should we follow up? _____
- ☐ What should I work on before my next visit? _____
- ☐ What questions haven't I thought to ask? _____



*This may be the end of the series, but it's not the end of your journey.
We'll keep taking the next step together.*

