

Keeping Motivated and Rewarding Your Diabetes Self-Care Progress

One of the best ways to keep motivated to move toward your goal is to get feedback on your progress.

So, set up a time to meet with your diabetes care team to go over your goals, both long-term and short-term and review your progress.

“So, you’ve already managed your blood sugar. You’ve managed to enjoy life while dealing with blood sugar issues. So, there’s a lot of wins here. You have also become a lot more active than you were originally.”

“Yes.”

And when you achieve your goals, reward yourself for a job well done.

“We typically think of rewards as external things, and sometimes they’re internal. Like just a sense of internal pride or a little sense of joy at a goal met, a promise kept to self. But certainly, some people like to purchase something or they prefer to have a special event or to take a little trip.”

You might treat yourself to movie, lunch with a friend, a day trip or a new article of clothing.

Change isn’t easy. Remember most progress is not a straight path toward your goal, it’s more likely to be a curvy path.

Review your progress at your next diabetes care team visit.

“Some of the rewards could be just maybe going for a ride with your husband somewhere, have a scenic ride, or just going to the movies or just maybe looking for something new to wear. You don’t have to buy it yet, just looking.”

Whatever reward you choose to give yourself, make sure it does not get in the way of staying on track. You should feel good about the goals you are reaching, and sometimes that’s reward enough to stay motivated.

“My goal has always been to have my A1c as close to normal as possible. Now with the advent of looking at time in range I have a goal of trying to keep my time in range at 85 percent. If I could do that I’m pretty happy and I know my diabetes is well controlled.”

Talk to your diabetes care team about what’s working, what’s not and some important next steps, they understand that change isn’t easy but are there to help. If the changes you made have become habits, set some new goals. You’re on a roll so keep going!