

Problem Solving Plan Worksheet

What is a problem you have managing your diabetes that you would like to solve?

What are some of the root causes of this problem?

What, if any, information do you need to come up with a plan to solve this problem?

What might get in the way of solving this problem? How can you overcome these barriers?

What are you going to do to try to solve this problem?

Write down action steps you need to take to get ready to use your plan and when you will take care of each step.

To Do	Finish by

What did you learn from using your plan? What worked? What will you do differently next time?