Problem Solving Plan Worksheet

* What is one problem you have managing your diabetes that you would like to solve?
* What are some of the root causes of this problem?
* What information, if any, do you need so you can make 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.

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| **ACTION** | **DATE TO FINISH** |
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What did you learn from using your plan? What worked? What will you do differently next time?