

# Living well with diabetes by creating your healthy body & self



The first step begins with being clear about:

- Your symptoms
- What you want to do to make it better and
- What you can actually do to feel better

These can take you closer to living well with diabetes and creating your Healthy Body and Self

**Here are positive affirmations you use to motivate yourself or your loved ones.**

This is a journey that begins with choosing a path with the belief that:

'I can'

'I want to'

'I will take one step at a time'

'I will go step-by-step'

'I'll be better than yesterday'

'I'll persevere'

'I will ask, when in doubt'

'I will be kind and patient with myself'

You get closer to creating your Health Body and Self when you feel healthy, happy, in harmony and willing to do what is helpful to achieve your goals for living well with diabetes