

THE **7** HABITS OF
HIGHLY
EFFECTIVE
PEOPLE[®]
WITH DIABETES

Stephen R. Covey

In collaboration with the
American Association of Diabetes Educators
Compliments of Bayer Diabetes Care

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A JOURNEY...

fe has a habit of throwing us curve balls. When my wife was diagnosed with diabetes, she knew she would have to change some of her behaviors if she hoped to stay healthy and “be there” for us. I became her partner and coach in this journey. Together, we turned the diabetes “curve ball” into an opportunity to learn, grow, and deepen our lives in many ways. As human beings, we have that ability — that choice. *The 7 Habits of Highly Effective People® with Diabetes* will help you recognize the power you already have to take charge of diabetes and your life. These habits are: Be Proactive; Begin with the End in Mind; Put First Things First; Think Win-Win; Seek First to Understand, Then to Be Understood; Synergize; and Sharpen the Saw. Applied to the AADE7™ Self-Care Behaviors, these habits will help you become more effective in managing diabetes on your own, and with others: your medical team, family and friends. I hope these pages will help you see diabetes not as a setback, but a journey of self-discovery. I invite you to read on and discover all the powers you have to turn this change into a positive force — in your own life, and the lives of those you cherish.



— *Stephen R. Covey*



AADE7™
Self-Care Behaviors

- Healthy Eating
- Being Active
- Monitoring
- Taking Medication
- Problem Solving
- Healthy Coping
- Reducing Risks

FOREWORD

by the American Association of Diabetes Educators

If you or a loved one has been diagnosed with diabetes, you are probably feeling a mix of emotions. Fear, anger, and discouragement are all common reactions. You did not ask for this. But you can choose to live a healthy, productive life with diabetes. The American Association of Diabetes Educators (AADE) is dedicated to helping you do just that with the “AADE7™,” a framework of seven self-care behaviors that will help you gain confidence and control over diabetes. These behaviors are: Healthy Eating, Being Active, Monitoring, Taking Medication, Problem Solving, Healthy Coping, and Reducing Risks.

In his book *The 7 Habits of Highly Effective People®*, Dr. Stephen R. Covey offers a strategy for empowering your life based on timeless, self-evident principles of growth and effectiveness. Bayer Diabetes Care has brought together AADE and Stephen Covey to combine his “Habits” with the “AADE7™,” resulting in a dynamic, results-focused guide to help you or someone you care for better manage life with diabetes.

At the end of the guide, *The 7 Habits of Highly Effective People® with Diabetes*, you will find an Action Plan and other resources. Their purpose is to help you set and meet easy goals for managing diabetes, one goal at a time. We hope the following pages will inspire you to take charge of diabetes and make it part of a positive and rewarding lifestyle.



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HABIT No. **1** BE PROACTIVE



With the human gifts of imagination and free will, we have the power to choose our response to any situation. Stop for a moment to consider what that means. We are free to be the creative force of our own lives. That's what *Being Proactive* means: choosing your actions and taking responsibility for them. Many things in life are beyond our control — the weather, for instance, or what others do and say. But how we *respond* to those things is always within our control. You can control diabetes by responding to it proactively. Try reading the list of the 7 self-care behaviors using proactive language: “I *choose* to eat healthfully” instead of “I *have to* eat healthfully.” “I *choose* to be active.” “I *choose* to monitor my blood glucose.” As you begin to think proactively, notice your confidence starting to grow. You are making decisions that will *make things happen*. You are taking charge of diabetes and your future. It's your choice!

HABIT No. 2 BEGIN WITH THE END IN MIND

Everything you do in life is created twice: first in the mind, then in reality. An architect imagines the finished building before setting out to create it. Imagine your future with diabetes. You might see yourself as a self-care expert, able to handle any problem or situation with confidence. You might even imagine a life that is healthier, more secure, more empowered than ever. That's what *Beginning*

with the End in Mind is all about: creating a vision for your life, based on what is most important to you — your deepest values. Take a few moments to identify them.

Making choices in harmony with those values will guide your vision to reality. Now



imagine a successful life with diabetes. Use the 7 self-care behaviors as a “road map,” each behavior a milestone toward your destination. Choose one behavior and set a small goal. For “Being Active,” it might be, *I will take a 15-minute walk every day.* For Healthy Eating, *I will switch from whole milk to skim milk.* For “Monitoring,” *I will stay on top of my blood glucose measures as recommended by my medical team.* Imagine what you are capable of — then go for it!

HABIT No. 3 PUT FIRST THINGS FIRST

You have a vision of where you want your life to go. You have the proactive power to make the choices that will lead you there. Now you're ready to *do* it — to take charge of your life with diabetes. But with so many activities filling up your day, how will you find time to monitor blood glucose? Or exercise? Or eat healthy foods? If you have identified your deepest values — those things that give your life meaning and richness — the answer will come naturally. Putting first things first simply means prioritizing your tasks according to what is truly important. Start by asking yourself, *What one thing could I do on a regular basis that would make a big positive difference in my life?* Now read down the list of the 7 self-care behaviors. Would you agree that any one of these behaviors would improve your life in a big way? Choose the behavior you find the hardest or most frightening, and make it your first priority. Is it

taking medication? Monitoring?

Cutting out junk food? If you keep your vision and your values firmly in mind, the challenge will seem easier. Putting first things first is a good way to affirm the things — and the people — that matter the most in your life.



HABIT NO. 4 THINK WIN-WIN

We live our lives with other people: families, social groups, co-workers. Win-Win is a mindset that says: We are all different. By valuing and respecting the ideas of others, my life will be more productive, rich, and rewarding. Habits #1-#3 help you master personal leadership. Win-Win is the first habit of *interpersonal* leadership — building strong relationships with others by helping them succeed, too. What does this have to do with managing diabetes? If you look again at the 7 self-care behaviors, you'll see that each behavior benefits from the advice, ideas, or support of someone else. For example, partnering with a diabetes educator will help you acquire the knowledge and skills you need to master Problem Solving and other self-care behaviors. When you and your medical team review your blood glucose and A1C measures you can work together to adjust medication, diet, and exercise, as necessary. Thinking Win-Win is just as important with your family and friends. Share your self-care goals with them, as well as your concerns and fears. They can help you problem-solve, motivate you to reduce risks, and keep you to your commitments. Win-Win is about creating a positive energy of cooperation, which naturally leads to success in diabetes management, and every area of life.



HABIT No. **5** SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD

When was the last time you stopped talking long enough to truly understand another person? Too often, we listen with one ear, more anxious to respond than to understand. And yet listening — *genuine* listening — is one of the most powerful habits of a highly effective person. Diabetes is sure to stir up many emotions. While you need to express them, your desire to listen should come first. Why? Listening to your doctor and diabetes educator is how you learn the practical skills of self-care. What about your family members and employer? They need to be understood too, especially if you want them to change some of *their* behaviors. When someone feels understood and appreciated, he or she is far more open to

your needs. Listen with your mind
and your heart. Let the other

person know you understand.

Then make *yourself*

understood — in a clear,
honest way, seeing the

situation through the other

person's eyes. Can you see how

practicing Habit 5 will greatly

enhance your Healthy Coping ability?

When you seek first to understand, then to be understood, you open the door to creative win-win solutions. Differences are no longer problems, but stepping-stones to Habit #6 *Synergize*.



HABIT No. **6** SYNERGIZE



If you've ever heard great music, or watched a winning team in action, you've seen the miracle of synergy. Synergy happens when two or more people work together to find a better solution than either could alone. Synergy can be a creative and powerful force in managing diabetes. For example, if your goal is Healthy Eating, your diabetes educator can help you work out a food plan that suits your lifestyle. What about Being Active? Taking the first step toward an exercise routine can be hard. But when you combine the guidance of your educator with the support of your family and friends, the power of synergy will get you moving! Synergy is all about building relationships with others to help you make progress as a diabetes self-manager, and in every area of life. Always synergize with the goal of progress — not perfection!

HABIT No. 7 SHARPEN THE SAW

A man is busy sawing down a tree. He tells you he's been sawing away for five hours. You notice that the saw blade looks dull and suggest that he sharpen it. "I can't," he says. "I'm too busy sawing." Sharpening the saw is about keeping all parts of yourself sharp: physical, mental, social, and spiritual. Balancing all parts of your nature is essential to your effectiveness as a diabetes self-manager. For example, *Physical*: Keep yourself in shape by being active, eating healthy, monitoring, and reducing risks. *Mental*: Continually educate



yourself about diabetes.

At the same time, commit to one or more self-care behavior goals. Achieving goals will build your confidence and self-esteem.

Social: Strengthen your

relationships with family and friends by practicing Habits 4, 5, and 6. *Spiritual*: Give time to things that bring you a sense of peace and meaning, such as walking, meditating or praying, giving service to others, etc. Spiritual renewal will keep you centered with your deepest values and help you to cope. Keep learning and growing in each of your four dimensions as you go forward. You will quickly see that diabetes has not changed your life — *you* have changed your life. Where you take it from here, only you can imagine.

THE AADE 7TM SELF-CARE BEHAVIORS

The American Association of Diabetes Educators (AADE) is an association of healthcare professionals dedicated to helping people with diabetes become successful at self-managing their condition. Diabetes educators provide the knowledge, skills, and tools needed to achieve this goal. Diabetes education focuses on 7 self-care behaviors.

HEALTHY EATING Eating healthy foods, understanding portion sizes, and knowing the best times to eat are central to managing diabetes. Weight control can also be an important part of successful self-care.

BEING ACTIVE Regular activity is important for overall fitness, weight management and blood glucose control.

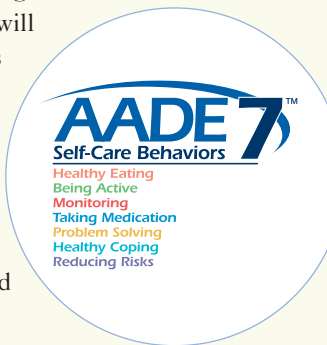
MONITORING Daily self-monitoring of blood glucose provides people with diabetes information on how food, physical activity, and medications affect their blood glucose levels.

TAKING MEDICATION Effective drug therapy in combination with healthy lifestyle choices can lower blood glucose levels and reduce risk of complications from diabetes.

PROBLEM SOLVING A person with diabetes must keep his or her problem-solving skills sharp. A high or low blood glucose episode or sickness will require making informed decisions about food, activity, and medications.

HEALTHY COPING Coping with diabetes depends on a positive frame of mind. This is achieved by learning what can be controlled, setting achievable self-care goals, and talking about concerns and fears.

REDUCING RISKS Preventing complications from diabetes and maximizing overall health depend on risk-reducing behaviors, such as quitting smoking and getting regular eye, foot, and dental checkups.



ACTION PLAN

The purpose of this Action Plan is to help you set easy-to-achieve self-care goals, one goal at a time. As you follow this plan, remember to aim for progress, not perfection.

1. Read the list of the seven self-care behaviors on the previous page. Using a separate piece of paper, write down the **one** behavior that seems most challenging. This will be your priority goal.
2. Under the goal you have written down, write a small commitment toward that goal. Be sure to use proactive language. For instance, if your goal is “Being Active,” your commitment might be, *I choose to walk each day for 15 minutes.* If it is “Monitoring,” *I choose to check my blood glucose levels regularly.* Remember to start with small choices!
3. Put your goal in a win-win frame of mind. Under your commitment statement, write the names of two (or more) people who can help you achieve your goal — at least one from your medical team (doctor, educator, dietitian, etc.) and one from your social circle (spouse, friend or child).
4. Contact the people you listed above and share your goal with them. Schedule periodic meetings or appointments with them to check your progress. Write these meetings down on your calendar.
5. When you feel you have made progress with this goal, select another goal from the list of self-care behaviors and repeat these steps.
6. Post your commitment sheet where you can see it. Also, keep this guide with you for inspiration and encouragement. It will “recharge” your proactive spirit as you move closer to mastering all the diabetes self-care behaviors.

A black and white photograph of a middle-aged couple smiling warmly. The man is on the left, leaning towards the woman on the right. They are outdoors, likely on a boat, with a railing visible. The background is slightly blurred, showing what appears to be a harbor or marina with buildings and water.

FOR MORE INFORMATION

To order *The 7 Habits of Highly Effective People® with Diabetes*:

www.diabetes7.org

The 7 Habits of Highly Effective People®:

www.stephencovey.com

www.franklincovey.com

AADE:

www.diabeteseducator.org

To locate a diabetes educator, call 1-800-TEAMUP4

AADE7 resources:

<http://www.diabeteseducator.org/AADE7/index.shtml>

AADE's Side by Side: A Partner Approach to
Diabetes Self-Care: www.mydiabetespartner.org

Bayer Diabetes Care:

www.bayerdiabetes.com/us



Bayer HealthCare
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