



FREE PRACTICAL TOOL

Appointment Prep Sheet

A simple way to walk into an appointment feeling more prepared and more heard.

Start here

- 1 Write your top three concerns before you go.
- 2 Bring your timeline: when it started, what changed, and what helps or worsens it.
- 3 Ask: "What are my options, benefits, risks, and next steps?"
- 4 Before leaving, ask for the plan in plain language and write down who to contact.

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