



The Pre-Appointment Audit

The "Top 3" Agenda

Prompt: "If I only get 10 minutes, what are the 3 things I must walk away with?"

1. _____
2. _____
3. _____

The Symptom-to-Life Bridge *Don't just list a symptom; bridge it to the life you want to live.*

- **The Symptom:** [e.g., Fatigue]
- **The Life Impact:** [e.g., Prevents me from going out or enjoying my gym routine.]

The "Human" Reminder: "I am a person, not a chart."

The "Lead the Room" Script

Focus: Authority & Voice

Power Phrases for the Exam Room:

- **If you feel rushed:** "I understand we have limited time, but I need to ensure we address my top priority today before we wrap up."
- **If a treatment is proposed:** "How does this align with my goal of [e.g., having more energy for my family]?"
- **If a symptom is dismissed:** "I hear that my labs are normal, but my lived experience is that I am struggling with [Symptom]. What is our next step to investigate the cause?"
- **Closing the Loop:** "Before I leave, can we summarize our plan and my next action steps?"

The Post-Appointment Integration

Focus: Reflection & Nervous System Reset.

Post-Visit Check-In:

- **Emotional Audit:** How do I feel after this appointment? _____
- **Accountability:** Were my concerns addressed? [Yes / No / Partially]
- **Next Steps:** What is one specific thing my doctor asked me to do? _____

The "Whole-Person" Reset: *What can I do right now to let my body relax?*

- [] **Breathe:** 3 minutes of box breathing.
- [] **Move:** A slow, screen-free walk in Huntington Beach.
- [] **Nourish:** A hydrating tea or a bio-individual snack.
- [] **Connect:** Cuddle a foster kitten or text my husband a "win" from the day.