

What This Visit Needs to Cover

Deciding what matters most before someone else sets the agenda for you.

WHEN TO USE THIS

Use this in the waiting room, or the night before.

What is the main thing you need from today?

Everything else you would like to cover, in order.

1.

2.

3.

4.

What has changed since you were last seen?

How do you want to leave the room?

- ☐ With a plan I understand
- ☐ With a date to come back
- ☐ With something in writing
- ☐ With one question answered
- ☐ Having said the hard thing

If you only get through the first line, the visit did its job.