AFTER-APPOINTMENT REFLECTION

KindRoot Wellness | *Compassion First. Connection Always.*

APPOINTMENT DATE	HEALTHCARE PROVIDER	SPECIALTY

How do I feel after today's appointment?

Did I feel heard and understood? Why or why not?

What important information did I learn today?

What questions do I still have?

What tests, referrals, or follow-up appointments were recommended?

What are my next steps?

What do I need to remember before my next appointment?

One positive takeaway from today's visit

KINDROOT REMINDER

Every appointment is a step forward. Your questions, your experiences, and your voice matter. Give yourself grace - you are doing the best you can.