



Feeling Confident in Your Health Care Session Worksheet

Use this worksheet while watching the video or afterward to reflect on what you learned and choose one small, realistic step to support your stress management and sleep habits.

MYTH REFLECTION

For each myth, check ✓ if you've ever thought this, then reflect.

☐ **Myth 1: "Doctors care more about prescribing medications than they about taking care of patients." What concerns do you have about medications?**

☐ **Myth 2: "If I don't have symptoms, I don't need to go." What might you be avoiding or delaying?**

☐ **Myth 3: "Once I have a plan, I don't need to go back." What follow-up care have you postponed?**

☐ **Myth 4: "I can't afford to go." What options could you explore?**

☐ **Myth 5: "I already have access to so much health information, I don't need to go see the doctor." What health information have you researched recently?**

☐ **Myth 6: "Doctors are too busy for my questions." Write down a question you want to ask at your next visit:**

PREPARING FOR AN APPOINTMENT

Gather Your Information - What do you need to bring with you?

Define Your Goal - What matters most to you right now?

Practice Saying It - What do you want to make sure you discuss?

DURING THE VISIT

Ask for Clarity:

- Can you explain that in a different way?
- What does that mean for me?

Clarify Your Plan Before Leaving by asking...

- What happens next?
- When do I follow up?
- How will I get results?
- What should I watch for?

BETWEEN VISITS

How will you choose to stay connected between visits?

TRACK YOUR HEALTH

Choose Your Tracking Method(s)

- ☐ Notebook
- ☐ Phone notes app
- ☐ Health app
- ☐ Other: _____

What I will track: (choose all that apply)

- ☐ Blood Pressure
- ☐ Lab results
- ☐ Medications
- ☐ Questions

Can you still do this on a busy day? ☐ Yes ☐ No ☐ Not Sure

Remember: Health care is a partnership - you are part of the team - your voice matters.

CONFIDENCE

What is your confidence level that you can make this work? (1-10)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

What, if anything, would increase your confidence?

RESOURCES REFERENCED

[Live to the Beat Coaching Community](#) - When prompted for the access code, type "HabitsThatStick"
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