

What you tell yourself before, during, and after your appointment matters. Affirmations help you ground yourself, quiet the noise, and remind you of what you already know. Remember: You are worthy of excellent care.

## AFFIRMATIONS FOR APPOINTMENTS

### PREPARE

#### Before you go

- I am prepared and worthy of excellent care.
- I know my body, and my concerns are valid.
- I deserve answers, and I am going to get them today.
- I am walking in as my own best advocate.

### PRESENT

#### In the room

- I am allowed to ask questions until I fully understand.
- Speaking up for my health is an act of self-love.
- This is my appointment, and I belong in this room.
- The clinical team and staff are here to be my teammate, and not an authoritarian figure.

### PREVENT

#### After the visit

- I feel empowered to make the best decisions for myself.
- I am an active participant in my health and wellness journey.
- I showed up for myself today, and that matters.
- Following through on my care is how I honor my body.