

PERIMENOPAUSE ADVISOR PLANNER

CEO of Your Health

Build the right team. Walk in prepared.
Walk out with real answers.

START HERE

You Matter Here

You're not being dramatic. If something feels off, it's worth taking seriously.

Perimenopause has a way of making women second guess themselves. Your sleep changes, your mood shifts, your brain feels foggy, and somewhere in there a little voice starts saying it's probably nothing, everyone goes through this, don't make a fuss.

Here's what I learned in my own health journey. Nobody is going to care about what's happening to you as much as you do. That's not a sad thing. It's a powerful one, because it means you get to be the one in charge.

You are the CEO of your health. Doctors, clinics, and practitioners are your advisors. Good advisors are worth their weight in gold, and you get to choose who's on your team, what you bring to them, and when it's time to find someone who knows more.

This planner walks you through that, one page at a time. Notice what's happening. Build your advisory board. Prepare for your appointment. Then check in afterward and decide your next move.

When I feel like myself again, I want to...

One thing I'm done brushing off:

You're far more capable of this than you think. Melissa

STEP ONE

What I'm Noticing

"I just don't feel like myself" is real, and it's also easy to brush off. Patterns are harder to dismiss. Jot down what you notice over a couple of weeks so you walk in with specifics.

Area	What I'm noticing	How often	How it's affecting my life
Sleep	falling or staying asleep, night sweats		
Mood	rage, tears, anxiety, flatness		
Energy			
Brain	fog, memory, focus		
Body	weight, joints, hot flashes		
Gut			
Cycle			
Skin and hair			
Other			

The one that's bothering me most right now:

STEP TWO

My Advisory Board

Every good CEO has advisors. Not every advisor is right for every question. Your family doctor may be the person who gets you a referral, and a menopause clinic or a practitioner trained in menopause may be the one with the answers. Map out your team here.

Advisor	Name and contact	What I need from them	Do they know perimenopause?	
Family doctor referrals, bloodwork, the big picture			Yes	Not sure
Menopause clinic or specialist			Yes	Not sure
Pharmacist			Yes	Not sure
Other practitioner dietitian, naturopath, physio, therapist			Yes	Not sure
Other practitioner			Yes	Not sure
My people who I lean on at home				

Signs an advisor is a good fit: they listen without rushing you, they take your symptoms seriously, they explain your options, and they tell you when someone else would know more. If you keep leaving with "it's just stress," that's information too. You're allowed to look for a different advisor.

STEP THREE

Appointment Prep Sheet

Fill this in before you go. Bring it with you. It's much easier to speak up when the words are already on the page.

Advisor

Date

My top three concerns, most important first

How this is affecting my life

Sleep, work, relationships, the things you've stopped doing. Be specific.

Questions I want answered

What I want to leave with

A test, a referral, a treatment option, a plan, or a clear next step.

Before I leave the room

- ☐ I shared my most important concern first
- ☐ I didn't downplay how it's affecting me
- ☐ I know what happens next and when
- ☐ I asked, "Who else could help me with this?"

STEP FOUR

After the Appointment

A good CEO reviews every meeting. Take five minutes while it's fresh.

Did I get what I came for?

☐ Yes ☐ Partly ☐ Not really

What I learned

My next step, and when I'll take it

Do I need a different or additional advisor?

☐ No, this one's a good fit ☐ Yes, I'll look into

How I had my own back today

Even a small thing counts. Write it down so you remember you did it.

If it didn't go the way you hoped, that's not the end of the story. It's one meeting. You're still the CEO, and you get to decide what happens next. Keep going.

Melissa