

## Your First Step Toward Your “Personal Self-Care” utilizing “Dr. David Kolbaba Care” concepts.

### First, we will:

#### **1. Build Rapport – Our “First” Goal**

- Together we will build a two-way relationship. (A professional and personal partnership).
- We will listen...and come to a clear understanding of each other.
- Our rapport will be based on moral high ground, ethics and loving care.

#### **2. Take a Thorough “Health History” Review**

- To gain a fuller understanding and appreciation for where you've been, in your recent efforts to get well.

#### **3. Document Your “Current” Perspective...**

- What are your personal wants, needs and future goals?

#### **4. Create a "Make-Sense" Strategy**

- What we can do for you... (what works) ...what makes sense to both of us.
- Perspectives that we work from...for you to depend on and come to rely on.

### Then:

#### **5. Discuss Your “Next Steps:”**

- How we will "specifically" proceed...
- Outline your next steps, for your health restoration.

Factoring in:

Time, energy, money

Good, better, best