

THE UNDERRATED DISPATCH

MONTHLY STRATEGIES FOR THE UNDERDOG CLINICIAN

THIS MONTH'S FEATURE

"I SAID YES... NOW WHAT?"
CLIENT TOOLKIT — NOW IN
YOUR LIBRARY

Saying "yes" to treatment is a huge step. This toolkit is designed to help clients feel prepared, supported, and confident about the road ahead.

Includes:

- ✓ **Welcome & preparation guides** for starting treatment
- ✓ **Comfort items and grounding strategies**
- ✓ **Printable worksheets** for self-reflection and planning
- ✓ **Encouraging prompts and motivation boosters**
- ✓ **Tips** for making the most of the first week in care

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BONUS SPECIAL: EXTRA CREDITS FOR YOUR PURCHASES!

Make the most of your purchases every month! Premium and All-Inclusive members earn credits equal to their purchase total.

This 7-day challenge blends practical **self-care strategies** with bite-sized daily action.

You'll strengthen your resilience and well-being—one mini-mission at a time.

QUICK WIN TOOL OF THE MONTH

Client Motivation Mini-Checklist

In under 5 minutes, boost your client's motivation and set them up for success in their next step.

This simple, ready-to-use checklist helps you quickly assess your client's current motivation level, identify barriers, and choose the right next step to keep them moving forward in treatment.

LEVEL UP YOUR PRACTICE:
SELF-CARE CHALLENGE

SEP 23 - 29

CLIENT MOTIVATION MINI-CHECKLIST

A QUICK REFERENCE FOR GAUGING AND BOOSTING CLIENT READINESS FOR CHANGE.

IDENTIFY CURRENT MOTIVATION LEVEL

- ☐ ASK: "WHAT'S MOTIVATING YOU MOST RIGHT NOW?"
- ☐ RATE READINESS ON A SCALE OF 1-10
- ☐ NOTE KEY MOTIVATORS (FAMILY, HEALTH, WORK, PERSONAL GOALS)

SPOT BARRIERS

- ☐ ASK: "WHAT COULD GET IN THE WAY?"
- IDENTIFY EMOTIONAL, PRACTICAL, OR ENVIRONMENTAL OBSTACLES

REAFFIRM STRENGTHS

- ☐ HIGHLIGHT PAST SUCCESSSES
- ☐ POINT OUT EXISTING SKILLS AND COPING STRATEGIES

CONNECT GOALS TO VALUES

- ☐ LINK SHORT-TERM ACTIONS TO LONG-TERM LIFE VALUES
- ASK: "HOW DOES THIS ALIGN WITH WHAT MATTERS MOST TO YOU?"

END WITH A SMALL ACTION STEP

- ☐ CHOOSE ONE SIMPLE, ACHIEVABLE ACTION BEFORE THE NEXT SESSION
- ☐ SET A REMINDER OR SUPPORT SYSTEM TO FOLLOW THROUGH

REVISIT THIS CHECKLIST EACH SESSION TO TRACK CHANGES IN MOTIVATION.

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SEPTEMBER MISSION UPDATES

- **Q&A Podcast Begins January 2026**— submit your clinical questions now!
- **Points for Purchase** (9/8-9/15) 1 point for every dollar spent in store
- **Random Power-Ups** will appear on your dashboard throughout the year
- **Founding Member Status:** All members who join in the first 60 days get lifetime 30% off (Ending in 1 month, 10/1/25)

Coming Soon: Tips from the Field (Want your clinical tip featured? Submit your wisdom for a future dispatch!)

Underrated Tactic: Motivation Spark

3 QUESTIONS = INSTANT ENERGY BOOST

Find the Fire

🔥 "On your best days, what keeps you going?"

Name the Win

🔥 "What's one small success you've had lately?"

Plan the Next Step

🔥 "What's the next little thing you can do to keep moving?"

PAIRS PERFECTLY WITH THIS MONTH'S QUICK WIN:
CLIENT MOTIVATION MINI-CHECKLIST.