



“The Unspoken Life” Chapter 1 Overall Picture

YOUR NAME: _____ **DATE:** _____

Capturing Your Thoughts

How has the 1 Life Connected message affected your perspective about your career? _____

How about your perspective about your life? _____

What does the concept of moving from name, blame, judge and towards recognize, embrace, connect mean to you? _____

How does the concept of floating on the ocean of shame relate to you?



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How does the concept of feeding our cynical serpent relate to you? _____

How do you plan to determine how to fill your balloons? _____

How will you allow yourself to fill your balloons? _____

How will recognize, embrace, connect show up for you each day? _____



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Actionable Items

Participate in the #findingmyballoons or #fillingmyballoons challenges shared on the 1 Life Connected website- **In Development**

Participate as a member of the 1 Life Connected Community on one of the following discussion group- **In Development**.

- Recognizing and Embracing Sinkers
- Recognizing and Embracing Balloons
- Staying Connected to Life

Balloon recognizing activity-

- Draw 4 balloons on a piece of paper, Label them physical, mental, emotional, spiritual. Or utilize the resource provided on the website under resources “Recognizing Balloon activity”.
- Now inside of each balloon, list how you can fill each of your balloons. Some things may overlap and fill multiple balloons, mark them as you feel best represents the primary area that they fill.
- Place this in a visible space in your environment.
- Each day for the next week add to the balloons as you recognize balloons in your daily routine.

Sinkers recognizing activity-

On a clean piece of paper or utilize the resource on the website under resources “Recognizing your Sinkers”, Write down your sinkers related to the following. Continue to capture these over the next week and capture them on this resource:

- Clients
- Patients
- Support Staff
- Other Colleagues
- Supervisor



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- Your Practice
- The Veterinary Profession
- Finances
- Family
- Sign. Other
- Friends
- Social Media
- Self/Inner Critic

Watch Brene Brown’s TED Talk “The Power of Vulnerability”

https://www.ted.com/talks/brene_brown_on_vulnerability

Capture your thoughts on how this applies to you below:

Watch Brene Brown’s TED Talk “Listening to Shame”

https://www.ted.com/talks/brene_brown_listening_to_shame

Capture your thoughts on how this applies to you below:

Read any of Brene Brown’s books-

1. I Thought It Was Just Me (But It Isn’t) – Making the Journey from “What will People Think?” to “I Am Enough”
2. Daring Greatly – How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead
3. The Gifts of Imperfection – Let Go of Who You Think You’re Supposed to Be and Embrace Who You Are



1 Life Connected

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Commitment

What is your commitment to finding your individualized journey towards your sustainable authentic career in veterinary medicine? _____

Be 1 Life Connected!

**We are mindful of our response
We create our environment
We embrace our emotions
We find self-forgiveness**

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