Capturing Your Thoughts

How will your Self-worth keep you balanced on your bridge to connection?

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__________________________________________________________________________

How can you commit to serving yourself and valuing your self-worth?

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__________________________________________________________________________

What gets in the way of you standing up for committing to your self worth?

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__________________________________________________________________________

Provide an example of your own “Dean Power”?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
“The Unspoken Life” Chapter 2 Self Worth

What situation could you currently drive a change related to your environment that would represent being “Saved by the Belt Loop”, i.e going against the norm? ________________________________

____________________________________________________________________

____________________________________________________________________

What is the value and requirement of the “Beast to Carry”, as described in the grocery clerk example, to our involvement in the profession? ____

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____________________________________________________________________

How does the “Beast to Carry” of the profession relate to your journey?

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____________________________________________________________________

How will you embrace yourself as you embrace the “Beast to Carry”? __

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How does believing in your self worth directly relate to your involvement in a career within veterinary medicine? ______________________________

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____________________________________________________________________
“The Unspoken Life” Chapter 2 Self Worth

Actionable Items

Sign up for a class that you have always wanted to do that is not related to Vet Med at all!
- After each class you attend capture 3 words for the feelings related to how this activity helped to value your self worth.
- Feel free to utilize the resource on the website in resources under “Classes Outside Vet Med”.

Start making a daily list of things you have learned/read/accomplished and continue for 14 days.
Utilize the document to capture these accomplishments which is available on the website under resources “Daily Accomplishments”
For example-
- Balloons you made time to fill during any day!
- A new procedure you took the time to learn.
- A new procedure you challenged yourself with.
- Something you recognize that you are proud of that you know how to do well.
- A new drug you prescribed.
- An example of when you tapped into the “Dean Power”.
- Continuing Education you attended.
- An article you reviewed.
- Recognizing a sinker and allowing the emotions related to it to be present.
- An example of a shift of moving away from feeding the cynical serpent.
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Write 5 post-it notes in which give you permission for your self worth. Then place them in your environment so that you see them regularly.

For example:

- I give myself permission to fill a balloon.
- I give myself permission to take care of myself first.
- I give myself permission to allow myself to feel emotions.
- I give myself permission to have a voice.
- I give myself permission to embrace a situation as it is- a situation, and not a representation of my value or worthiness.
- I give myself permission to say “No”.
- I give myself permission to …

List 5 sinkers that challenge your Self-worth.

• ________________________________
• ________________________________
• ________________________________
• ________________________________
• ________________________________

List 5 Balloons that empower your self-worth.

• ________________________________
• ________________________________
• ________________________________
• ________________________________
• ________________________________

Watch Amy Cuddy’s TED talk on “Your Body Language Shapes Who You Are”
“The Unspoken Life” Chapter 2 Self Worth

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

Capture your thoughts on how this applies to you below:

________________________________________________________________________

________________________________________________________________________

Review additional resources on Imposter Syndrome

- https://www.youtube.com/watch?v=whyUPLJZkJE
- Beating the Imposter Syndrome by Portia Mount

Commitment
“The Unspoken Life” Chapter 2 Self Worth

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

Kimberly Pope-Robinson DVM, CCFP
1 Life Connected
Connecting Careers with Life’s Passion
k.pope-robinson@1lifecc.com
www.1lifecc.com
916-847-4807