



“The Unspoken Life” Chapter 2 Self Worth

YOUR NAME: _____ DATE: _____

Capturing Your Thoughts

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

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

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

Provide an example of your own “Dean Power”? _____



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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? _____

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

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

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



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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.

- _____
- _____
- _____
- _____
- _____



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Watch Amy Cuddy’s TED talk on “Your Body Language Shapes Who You Are”

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://leanin.org/news-inspiration/overcoming-imposter-syndrome-to-reveal-your-presence/>
- https://www.nytimes.com/2015/10/26/your-money/learning-to-deal-with-the-impostor-syndrome.html?_r=0
- <https://www.youtube.com/watch?v=whyUPLJZijE>
- Beating the Imposter Syndrome by Portia Mount



1 Life Connected

“The Unspoken Life” Chapter 2 Self Worth 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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