



“The Unspoken Life” Chapter 5 Courage

YOUR NAME: _____ DATE: _____

Capturing Your Thoughts

How will your courage keep you balanced on your bridge to connection?

How does the King of Swingers story resonate to your personal courage in your career? _____

How do you feel when you live in the space of demand and fear? _____

What steps can you take to help you move from Demand and Fear and towards Risk and Choice? _____



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How does the concept of managing the decision to act or not to act resonate with yourself? _____

What situations can you think of where you had to make the conscious decision to take a step forward, what did you find helped you make that step? _____

How does the concept that your solutions to your wellbeing already live inside of you, resonate with you? _____



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Actionable items

Watch Ash Beckman Owning Your Duality TED talk

<http://tedxtalks.ted.com/video/Owning-Your-Duality-%7C-Ash-Beckh>

Capture your thoughts on how this applies to you finding your courage below:

Challenge yourself to go outside your comfort zone. Take the time to recognize what you leaned on to take that step.

Capture your thoughts here:

What are four questions you can ask yourself to help you move from the space of Demand/Fear and move towards that of Risk/Choice?

1.

2.

3.

4.



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Super Hero Exercise

Dr. Pope often refers to her alter super hero self as “Emotions Girl”.
What would your super hero self be called?

What would your secret weapon be in your journey to be 1 Life Connected?

Now take time to draw/create a super hero version of yourself.

You can see Dr. Pope’s version of “Emotions Girl” on the website for 1 Life Connected for inspiration.

-In Development-

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1 Life Connected

“The Unspoken Life” Chapter 5 Courage 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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1 Life Connected
Connecting Careers with Life’s Passion
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