



“The Unspoken Life” Chapter 7 Resilience

YOUR NAME: _____ DATE: _____

Capturing Your Thoughts

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

How did you see resiliency show up in the story related to the speech interrupted? _____

How did the story of one more mile resonate with yourself and your career in veterinary medicine? _____

How did the story of Dr. Pope’s first task of her first day as a veterinarian resonate with yourself and your career in veterinary medicine? _____



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What is your path to resiliency related to when the treatment path requires the task of euthanasia?

For example - Dr. Pope utilizes the smell of a candle to help her personally recover emotionally.

First, when you accept the outcome: _____

Second, when you do not agree with the outcome: _____

How did the story of the ten-mile run resonate with yourself and your career in veterinary medicine? _____

Of the 4 wellbeing balloons- Spiritual, Mental, Emotional, Physical. Which do you find provides you the most challenge related to resiliency, and why? _____



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How do you find resilience in each of the types of wellbeing balloons?

Physical -

Emotional -

Mental -

Spiritual -



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Actionable Items

Jessica’s Affirmation-

Watch this affirmation declaration video from a young girl on youtube.

<https://www.youtube.com/watch?v=qR3rK0kZFkg>

Share your thoughts on how you can see this action providing resiliency:___

Now create your own video. Although encouraged, you do not need to share it on youtube or with the 1life connected community forum. Do challenge yourself to capture it on video to be able to watch as a balloon filler for the future.

Capture what would your “likes” be in your video here? _____



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Activity to taking steps to learn how to embrace the things we can not change.

Watch this video on Resiliency. Then capture your thoughts below.

<https://matthewjohnstone.com.au/talks/videos/>

How does the concept of the hills and dales of life resonate with you? _____

What steps are you going to take to understand the concept Matt discussed about looking at how we view what we can't change? _____

Find Your Tribe-

Write down the names of 3 people to be a part of your tribe. Preferably have these people be in the similar career position as yourself-

1. _____

2. _____

3. _____



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With each of these individuals reach out to them and engage and discuss the following:

- Define what you mean by them being in your tribe. Capture those thoughts here: _____

- Give them permission to be authentic and vulnerable.
- Give them permission to hold you accountable while being supportive.
- Set up times that you will check in with each other- note them below
 1. _____
 2. _____
 3. _____
 4. _____

List 5 sinkers that challenge your resilience.

- _____
- _____
- _____
- _____
- _____

List 5 Balloons that empower your resilience.

- _____
- _____
- _____
- _____
- _____



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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