



“The Unspoken Life” Chapter 8 Vision

YOUR NAME: _____ DATE: _____

Capturing Your Thoughts

How will your conviction keep you balanced on your bridge to connection? _____

How does the concept “you’re normal” resonate with you? _____

What does it mean for you to have a Spoken Life? _____

How does your vision present itself within your Spoken Life? _____

How does the Albert Einstein quote connect with the concept of 1 Life Connected? _____



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How does the Albert Einstein quote resonate with your path to sustainability in your career within veterinary medicine? _____

What do you think the author meant from the statement “Being a veterinarian taught me so much about how to live life.”? _____

What is the first portion of the bridge you plan to focus on in starting to build your own bridge to connection? _____

How do you transform your life from an unspoken life to a spoken for life?



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Actionable Items

Developing your Vision

From Chapter 3 find your collage of pictures, images, and descriptive words. From that exercise capture what your vision look like in words? _____

How is your 'why' an integral part of your journey to building your bridge to connection? _____

Recognize, Embrace, Connect exercise

Capture or draw an image of how you see yourself when you are in the Name, Blame, Judge space.



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Capture or draw an image of how you see yourself when you are in the Recognize, Embrace, Connect space.

List 5 Sinkers that challenge your vision.

- _____
- _____
- _____
- _____
- _____

List 5 Balloons that empower your vision.

- _____
- _____
- _____
- _____
- _____



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Create your own mantra.

On separate piece of paper, journal about a time you felt very accomplished.

Go back into the story and pick out 5 key words/ideas that resonate how your values lived out in that story. Capture those below.

For examples of values refer to the list of values on the website under the resources section.

Now combine those values in a way that is a 3-5 word statement. You do not have to use all of the key words. Capture your final statement here-

Write down your mantra and place it on your fridge, bathroom mirror, or anywhere it will be seen daily.

Read your mantra out loud at least 5 times a day.



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**

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

