



Diagnosing and Treating Our Frustration

YOUR NAME: _____ DATE: _____

Recognize, Embrace, Connect

How did the “Diagnosing and treating Frustration Yours” lecture resonate within yourself and your career within veterinary medicine? _____

What are your thoughts related to our industry dynamics? _____

What other perspectives can you recognize for the veterinary professional? _____

What other perspectives can you recognize for the client? _____



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How does the concept of zoeyia relate to your career within veterinary medicine? _____

What are your plans to find your path towards Recognize, Embrace, Connect and your shame resiliency? _____

How will you stay out of Name, Blame, Judge around “We Do This Every Day”? _____

How will you stay our of Name, Blame, Judge around “We Can’t Win”?

How will you forgive yourself for never having enough time and still committing to filling your balloons? _____



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What is the one thing you plan to do to start creating boundaries around technology? _____

How does the concept of the “Beast of Burden within the profession” relate to yourself? _____

How does the concept of the “Beast of Burden within the profession” related to your team? _____

Diagnosing and Treating Our Frustration

With the 1 Life Connected message fresh in your mind.

What is your commitment to embracing your frustrations within your career in veterinary medicine? _____

Be 1 Life Connected!

**Mindful of our response
Create our environment
Embrace our emotions
Find self-forgiveness**

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