



When the Fearful Animal is You

YOUR NAME: _____ DATE: _____

Recognize, Embrace, Connect

How did the “when the fearful animal is you” lecture resonate within yourself and your career within veterinary medicine? _____

How will you commit to developing your own camp along the mountains of life? _____

Which picture did you pick to answer the question – How you see your career in vet med – and why? _____

Which of the “threats” overviewed resonated the strongest with you and why? _____



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How did the story about the recovery stall and fear of being seen as weak resonate with you? _____

What is your plan to remind yourself of your intentions each day? _____

What did you realize about your perceived level of threat while going through the improv activity? _____

How did the concept of “The Human Factor” resonate with yourself? _____

What do you need to create to allow yourself to have time to recovery emotionally? _____

When the Fearful Animal is You

With the 1 Life Connected message fresh in your mind.

What is your commitment to embracing your perceived threats? _____

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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