



## Honoring Ourselves As We Honor The Veterinary Oath

**YOUR NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

### Recognize, Embrace, Connect

**How has the 1 Life Connected message affected your perspective?**

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**How will the 1 Life Connected message show up for you in interactions with other Veterinary Professionals?** \_\_\_\_\_

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**What about with future interactions with clients?** \_\_\_\_\_

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**What does the concept of moving from name, blame, judge and towards recognize, embrace, connect mean to you?** \_\_\_\_\_

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**How will recognize, embrace, connect show up for you each day?** \_\_\_\_\_

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How does the concept of floating on the ocean of shame relate to you?

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What did hearing the brown gauze moment story provide to you? \_\_\_\_\_

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What did hearing the “beast of burden” story provide to you? \_\_\_\_\_

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How do you plan to determine how to fill your mental, spiritual, emotional, and physical balloons? \_\_\_\_\_

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What is your favorite balloon to fill after a sinking day? \_\_\_\_\_

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How do you allow yourself to fill balloons? \_\_\_\_\_

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How do we as a profession create the space for embracing our emotions?

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What is the space you want to create to help you find self-forgiveness?

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Which of the four principles stood out to you and why? \_\_\_\_\_

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Which of the four principles do you feel appears most challenging for you and why? \_\_\_\_\_

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**What emotions can you recognize being present throughout the day while working a busy day? \_\_\_\_\_**

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**What can we create as a profession to allow for sharing emotions without jumping to the space of “flocking”? \_\_\_\_\_**

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# 1 Life Connected

## Honoring Ourselves As We Honor The Veterinary Oath

With the 1 Life Connected message fresh in your mind.

What is your commitment to finding your individualized journey towards your sustainable authentic career in veterinary medicine? \_\_\_\_\_

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### 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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