



## “The Unspoken Life” Introduction

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

### Capturing Your Thoughts

**What does the title “The Unspoken Life” evoke within you and your career?** \_\_\_\_\_

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**How did hearing Dr. Pope’s story of the day she choose life, resonate within yourself?** \_\_\_\_\_

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**How did you interpret the “flash of light” with your journey?** \_\_\_\_\_

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**What gets in the way of your choice in taking the path towards connection?** \_\_\_\_\_

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# 1 Life Connected

## “The Unspoken Life” Introduction

What do you need to start building your bridge to connection? \_\_\_\_\_

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How do you recognize that you are not alone? \_\_\_\_\_

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## “The Unspoken Life” Introduction

### Actionable items

#### 1. To help the profession embrace that we are not alone.

- Share a copy of “The Unspoken Life” with a colleague.  
OR
- Share the link to the video “I Choose Life” on the 1 Life Connected website with a colleague.

#### 2. Write down or say the following statement daily for 30 days:

“I am Normal, I am Needed, I am Connected.”

Document each day you make this statement on a calendar in your home or utilize the resource provided on the website under resources – 30 day tracking sheet for “I am Normal”. - If you miss a day, we suggest you start over.

On Day 31--

Capture your thoughts and feelings below from the past 30 days.

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# 1 Life Connected

## “The Unspoken Life” Introduction

### Commitment

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**

Kimberly Pope-Robinson DVM, CCFP

1 Life Connected

Connecting Careers with Life’s Passion

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