



“The Unspoken Life” Chapter 4 Acceptance

YOUR NAME: _____ DATE: _____

Capturing Your Thoughts

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

How will you find acceptance for others when sinkers present themselves? _____

How will you find acceptance for yourself when sinkers present themselves? _____

How does the story of Teresa and her dog provide you awareness of acceptance in our career? _____



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What steps do you take to accept when others disappoint you? _____

How can you apply these steps to yourself when a “mistake” or feeling of disappointing others presents itself? _____

What path do you want to take in moving toward recognize-embrace-connect related to when feelings of failure show up? _____

What was the biggest sinker that has happened in your career that caused you to dig deep to find acceptance for yourself? _____

How will acceptance show up as you give yourself permission to find and fill balloons throughout your career? _____



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Actionable Items

Journaling—Accepting Others’ Actions

- Once a week for eight weeks, journal about a situation in which you found that you had to forgive or accept others’ actions.
- Answer these three questions with every entry:
 - What emotions did you need to embrace within yourself to not fall into the name-blame-judge path toward the other individual?
 - What made it difficult to accept the situation?
 - What action did you take to stay connected and move toward accepting the other individual’s action as not being a representation of you?

Journaling—Accepting Your Own Actions

- Once a week for eight weeks, journal on a situation in which you found you had to forgive or accept yourself and your actions.
- Answer these three questions:
 - What emotions did you need to embrace within yourself to not fall into the name-blame-judge path toward yourself?
 - What made it difficult to accept the situation?
 - What action did you take to stay connected and move toward accepting yourself?



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Inner Critic Work

- Review resources available on the 1Lifecc website related to discovering and taming your inner critic.

List five sinkers that challenge your acceptance.

- _____
- _____
- _____
- _____
- _____

List five balloons that empower your acceptance.

- _____
- _____
- _____
- _____
- _____

Commitment

What is your commitment to finding your individualized journey toward your sustainable authentic career in veterinary medicine? _____



1 Life Connected Consulting

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We are 1 Life Connected!

**We control our actions
We create our environment
We embrace our emotions
We find self-forgiveness**

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