



Training For the Marathon We Call a Career

YOUR NAME: _____ DATE: _____

Recognize, Embrace, Connect

How did the “training for the marathon we call a career” lecture resonate within you? _____

How does your individualized journey relate to the shame ocean? _____

What picture did you pick to answer the question – How you define your current state within your marathon of a career- and why? _____

What did watching the brown gauze moment provide to you? _____



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How did Viktor Frankl's quote "That which is to give light must endure burning" resonate with your career path? _____

How did the section on intentionality connect with your feelings of powerlessness in this industry? _____

How will the concept of perceptual maturation show up for you on your marathon? _____

How will you redefine your success to allow for support of your sustainability in this marathon? _____

Who were the 5 people you choose as your potential tribe, and what are your plans to create your tribe? _____



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How do you give yourself permission to fill balloons? _____

What are some examples of mental balloons for yourself? _____

What category of balloons do you find the most challenging to fill and why? _____

How will you allow yourself to follow the number one rule of first responders? _____



1 Life Connected

Training For the Marathon We Call a Career

With the 1 Life Connected message fresh in your mind.

What is your commitment to developing training to support your marathon for a career? _____

Be 1 Life Connected!

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

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