



## “The Unspoken Life” Chapter 3 Conviction

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

### Capturing Your Thoughts

How will your conviction keep you balanced on your bridge to connection? \_\_\_\_\_

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Outside of responsibilities like “paying our bills”, what are the top 3 things that drive you everyday?

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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What is it about working in the veterinary profession that speaks to you?

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## “The Unspoken Life” Chapter 3 Conviction

What are your top 5 core values (refer to a list of values in the resources section of the website)?

Value 1 - \_\_\_\_\_

Value 2 - \_\_\_\_\_

Value 3 - \_\_\_\_\_

Value 4 - \_\_\_\_\_

Value 5 - \_\_\_\_\_

How does what speaks to you in working in the veterinary profession (3rd question above), resonate with your core values (4<sup>th</sup> question above)?

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What does your “save the animals” mode look like? \_\_\_\_\_

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Where has your conviction present itself in helping you take one more step? \_\_\_\_\_

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How does the concept of Name, Blame, Judge relate to your conviction?

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## “The Unspoken Life” Chapter 3 Conviction

How does your conviction support your new path to Recognize, Embrace, Connect? \_\_\_\_\_

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What can you connect to outside of your “job” that relates to your conviction? \_\_\_\_\_

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What is your “Why”? \_\_\_\_\_

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## “The Unspoken Life” Chapter 3 Conviction

### Actionable Items

#### Using visionary work to find your “why”.

- Make a collage of personal pictures and other images that resonate to what you connect to.
- After you have gathered the images together, write 15 descriptive words capture the images.
- From those words develop a core “Tag Line” that captures the feelings and thoughts related to them.
- Keep the “Tag Line” to 5 words of less.

#### List 5 sinkers that challenge your conviction.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### List 5 Balloons that empower your conviction.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## “The Unspoken Life” Chapter 3 Conviction

**Watch Simon Sinek’s TED talk on “Start with Why”**

[https://www.ted.com/talks/simon\\_sinek\\_how\\_great\\_leaders\\_inspire\\_action](https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action)

Capture your thoughts on how this applies to you below:

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**Read Simon Sinek’s book- “Start with Why”.**

**Capture pictures and stories of how you have honoured your “why” over a 14 day period.**

- Document the pictures/stories in the resource provided on the website under resource “14 Day “why” Activity”
- If you skip a day we suggest you recognize it and continue on for the full 14 days.



## “The Unspoken Life” Chapter 3 Conviction

### 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**

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