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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________________________________________________________________________
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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?

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

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
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