

BECOMING



clear - free - adventurous - unstoppable

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BECOMING CLEAR

FINDING CLARITY ON YOUR LIFE'S PURPOSES AND VALUES

In order to design the life you want, you must first mindfully access your life as it is today. For this exercise, you will make a list of the activities that are a significant part of your daily life and mindfully assess them. Each activity should be evaluated based on your level of engagement and your energy when you engage in these activities.

ENERGY-ENGAGEMENT EXERCISE

RATE FROM 1 (LOW) TO 10 (HIGH)

ACTIVITY	LEVEL OF ENGAGEMENT	ENERGY
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

WHERE ARE THE MISMATCHES?

ODYSSEY PLANS

Exercise: Create three five-year plans and score them each on a scale of 1-10 for resources, likeability, confidence, and coherence. One plan will be focused on playing out your life as it stands today, and the other two will be two options for making significant changes in your life.

PLAN 1: YOUR LIFE AS IT STANDS RIGHT NOW

RESOURCES: ___
LIKEABILITY: ___
CONFIDENCE: ___
COHERENCE: ___

PLAN 2: MAKING SIGNIFICANT CHANGES

RESOURCES: ___
LIKEABILITY: ___
CONFIDENCE: ___
COHERENCE: ___

PLAN 3: MAKING SIGNIFICANT CHANGES

RESOURCES: ___
LIKEABILITY: ___
CONFIDENCE: ___
COHERENCE: ___

REFRAME FAILURE

As you begin to enact your prototypes for your new path, optimization will be the key. The only way to do this is to embrace failure and reframe it such that you use this knowledge to optimize your plan.

FAILURE IS SIMPLY THE
OPPORTUNITY TO BEGIN
AGAIN, THIS TIME, MORE
INTELLIGENTLY.

HENRY FORD

FAILURE	SCREWUP	WEAKNESS	GROWTH OPPORTUNITY	INSIGHT

Screwups are just that—simple mistakes about things that you normally get right. It's not that you can't do better. You normally do these things right, so you don't really need to learn anything from this—you just screwed up. The best response here is to acknowledge you screwed up, apologize as needed, and move on.

Growth opportunities are the failures that didn't have to happen, or at least don't have to happen the next time. The cause of these failures is identifiable, and a fix is available. We want to direct our attention here, rather than get distracted by the low return on spending too much time on the other failure types.

Weaknesses are failures that happen because of one of your abiding failings. These are the mistakes that you make over and over. You know the source of these failures well. They are old friends. You've probably worked at correcting them already and have improved as far as you think you're going to. You try to avoid getting caught by these weaknesses, but they happen. We're not suggesting you cave in prematurely and accept mediocre performance, but we are suggesting that there isn't much upside in trying to change your stripes. It's a judgment call, of course, but some failures are just part of your makeup, and your best strategy is avoidance of the situations that prompt them instead of improvement.

AVOIDING THE TRAPS OF GOAL SETTING

Many veterinary professionals fall into a classic trap that success = happiness. We spend our lives following the success social narrative: get into vet school, get high grades in vet school, have kids, land the perfect job, own a practice or work your way up the ladder, earn six figures, drive a German car, own real estate, buy lots of toys, be popular. The list goes on. This false narrative about success is reinforced everywhere – on tv, in magazines, on the internet, and worst of all, by our peers and colleagues who are desperately pursuing these same things.

The problem with setting goals towards society's idea of success is that they are not correlated with the things that really matter: health and happiness, meaningful work, purpose, freedom, and passion. In fact, chasing this type of success may quickly drive you further from your ideal life. The good news is that no matter your age, no matter where you are in life, no matter what decisions or mistakes you have made, you can take steps right now towards leading a happier life.

To avoid the classic trap of setting goals that in the end don't matter, learn to tell the difference between _____ goals and _____ goals.

3 TYPES OF END GOALS

END GOAL: EXPERIENCES

If time and money were no object and I did not have to seek anyone's permission, what kinds of experiences do I long to have while I am here on this planet?

VISHEN LAKHIANI

Love relationship: What does your ideal love relationship look like? (how do you communicate, what you have in common, what activities do you do together, what does day in your life together looks like, what are holidays like, what type of wild passionate sex you are having?)

Friendships: Picture your social life in a perfect world—the people, the places, the conversation, the activities. What does it look like? (what are your ideal friends like? What experiences are you sharing together? What does the perfect weekend with your friends look like?)

Adventures: What is your definition of adventure? What are your bucket list destinations? What adventurous activities have you always wanted to do?

Environment: In this amazing life of yours, what does your home look like? Where is it? Square footage? Outdoor space? Midmod? Bungalow? What does it feel like to live here? Describe your favorite room - the more detailed, the better. How about your workspace? Describe where you could do your best work. When you go out, what kinds of restaurants and hotels would you love to visit? What kind of car do you drive? (remember: don't be practical - let yourself dream!)

END GOAL: EXPERIENCES

In order to have the experiences that I wrote down on the previous page, how do I have to grow? What sort of woman do I need to evolve into?

VISHEN LAKHIANI

Intellectual growth: What do you need to learn in order to have the experiences you listed on the previous page?

What books and movies would stretch your mind and tastes? What would you like to know more about? Are there languages you want to master? (remember - this is learning for the joy of learning, NOT a means to an end)

What creative activities do you love to do or what would you like to learn? It could be anything from cooking to singing to painting to writing.

END GOAL: GROWTH

Growth deepens our wisdom and awareness.
VISHEN LAKHIANI

Describe how you want to feel and look every day.

What about five, ten, or twenty years from now?

What health or fitness systems would you like to explore, not because you think you ought to but because you're curious and want to?

Are there fitness goals you'd like to achieve purely for the thrill of knowing you accomplished them? Climbing a mountain, learning to tap dance, becoming a martial artist, finishing a triathlon, etc?

Intellect: What do you need to learn in order to have the experiences you listed on pages 6 & 7?

What would you love to learn? Are there languages you would want to master? What skills have you always wanted to learn?

Spirituality: Where are you now spiritually, and where would you like to be? Would you like to move deeper into the spiritual practice you already have or try out others? What is your highest aspiration for your spiritual practice? Would you like to learn things like deep states of meditation, flow states, or simply ways to overcome fear, worry, or stress?

What does it look like to pursue growth in this area?

END GOAL: CONTRIBUTION

If I have the experiences above and have grown in these extraordinary ways, then how can I give back to the world?

VISHEN LAKHIANI

CAREER

What level of competence do you want to achieve in veterinary medicine and why? What contribution to your field would you like to make? How would you like to improve your practice or company? If your work does not currently seem to contribute anything meaningful to you or others, take a closer look—is that because your work is truly meaningless, or does it just not have meaning to you? If so, where would you like to take your career?

CREATIVITY

What are some ways you can share your creative self with the world?

FAMILY



What can you contribute to your family that is unique to you?

COMMUNITY
LIFE:

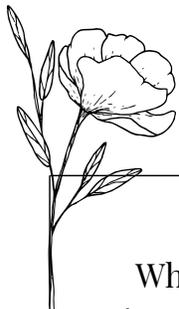
How would you like to contribute to your community? Looking at all of your abilities, all of your ideas, all of the unique experiences you've had that make you the person you are, what is the mark you want to leave on the world that is exciting and deeply satisfying?

BECOMING FREE: LIBERATION FROM MENTAL PRISONS

your mind can either be a
prison or a palace. what you
make it is yours to decide.

BERNARD KELVIN CLIVE

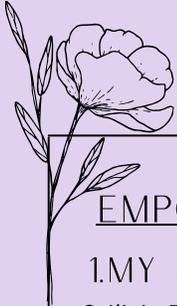
Think of a recent situation that was upsetting to you and write the story exactly as you perceived it when it was first unfolding.



When we have the courage to walk
into our story and own it, we get the
write the ending make your soul
happy.

BRENE BROWN

In order to overcome obstacles most effectively, people need to be a good space mentally, emotionally, and physically, which is why before we talk about overcoming obstacles, we need to talk about self-care and affirmations.



EMPOWERING AFFIRMATIONS

- 1.MY STRENGTH IS GREATER THAN ANY STRUGGLE.
- 2.I'M FEARLESS.
- 3.I'M GETTING STRONGER EVERY DAY.
- 4.I'M IN AWE OF WHAT MY BODY IS CAPABLE OF.
- 5.I CAN DO THIS.
- 6.I WAS NOT MADE TO GIVE UP.
- 7.I AM WHO I WANT TO BE.
- 8.NO ONE CAN MAKE ME FEEL INFERIOR.
- 9.I'VE DISCOVERED THAT I AM FIERCE.
- 10.I KNOW MY WORTH.
- 11.I INSPIRE OTHERS.
- 12.I DO NOT FEAR THE FIRE...I AM THE FIRE.
- 13.I CHOOSE WHAT I BECOME.
- 14.I'VE DECIDED THAT I AM GOOD ENOUGH.
- 15.I'M BRAVE ENOUGH TO CLIMB ANY MOUNTAIN.
- 16.I WINK AT A CHALLENGE.
- 17.I HAVE THE POWER TO CHANGE MY STORY.
- 18.IT'S NOT THEIR JOB TO LIKE ME...IT'S MINE.
- 19.I USE MY FAILURES AS A STEPPING STONE.
- 20.I HAVE THE COURAGE TO SAY "NO."



BECOMING ADVENTUROUS: CHARTING YOUR OWN PATH

only those who risk going
too far can possibly find out
how far they can go.

T.S. ELIOT

One important ingredient for a life of adventure is a supportive mindset. The two types of mindsets discussed in this lecture include _____ and _____ .

A growth mindset, according to Carol Dwyk, author of “Mindset: The New Psychology of Success” thrives on challenge and sees failure not as evidence of unintelligence but as a springboard for growth and for stretching our existing abilities. The type of mindset we have, which originates from a very early age, dictates a great deal of our behavior, our relationship with success and failure in both professional and personal contexts, and ultimately our capacity for happiness.

*Want to know if you have a fixed or growth mindset?
Take a quiz online [here](#)*

LOVE CHALLENGES,
BE INTRIGUED BY MISTAKES,
ENJOY EFFORT AND
KEEP ON LEARNING.

CAROL DWYK

BUILDING A FINANCIAL SAFETY NET TO SUPPORT YOUR LIFE OF ADVENTURE

When you feel supported financially, you are more likely to enjoy a life of adventure. A financial safety net is meant to support you and your family through unexpected events like illness, injury, death, job loss, pandemics(!), or other personal tragedy. The goal is to minimize the financial damage, keep you on track for your long-term financial goals, and support you through a crisis in such a way that you maintain your adventurous spirit.



USE THESE 3 KEY STRATEGIES TO BUILD YOUR OWN FINANCIAL SAFETY NET:

1 _____

2 _____

3 _____



A LIFE OF ADVENTURE CAN BENEFIT FROM MULTIPLE REVENUE STREAMS, SUCH AS:

1 _____

2 _____

3 _____

4 _____

5 _____

BECOMING UNSTOPPABLE: OVERCOMING OBSTACLES

COGNITIVE DISTORTION

there is good in everything,
if only we look for it.

LAURA INGALLS WILDER

Think about an obstacle that you are currently facing. Write it down here. Be as detailed as possible (this is for your eyes only - no one else is going to read it!) Write down what the situation is, who is involved, how you feel stuck, how you feel about the situation, etc. Get it all out on paper because this session will help you work through this obstacle, and hopefully help you get unstuck and develop a plan for the future.

When facing obstacles, there is sometimes a loop of feelings, thoughts, and behaviors can become unproductive due to distorted thought patterns. This is known as cognitive distortion.

For each type of distortion below, write down how this distortion may show up in your current obstacle that you are facing.

Polarized Thinking: When you have an “All-or-Nothing” or “Black and White” thinking pattern.

Mental Filtering (Negative Mental Filtering): Focuses on the negatives of a situation and filters out positives. Negative details are magnified.

Mental Filtering (Disqualifying the Negative): Acknowledges positives but refuses to accept it. Finds excuses to turn it into a negative one.

Overgeneralization: Focuses on a single event and makes a conclusion based on a single piece of negative evidence. Incorrectly conclude all similar events going forward will result in the same negative experience.

Jumping to Conclusions (Mind Reading): Know what others are thinking. Assumptions of their intentions occur with no evidence.



Jumping to Conclusions (Fortune Telling): Make conclusions and predictions with no evidence and can have negative outcomes.

Catastrophizing (Magnification): Over exaggeration, which leads to worries escalating to the worst-case scenario.

Catastrophizing (Minimization): Minimizing positive experiences. The importance of positive qualities is diminished.

Personalization: Take things personally, which causes a direct and personal reaction to what others do or say, even if it is unrelated. Assuming you have been intentionally excluded or targeted.

Blaming: Blaming others, playing a victim role, and holding others responsible for their pain. Blame is external rather than blaming themselves or taking some responsibility.

AGENCY

"It's one thing to not be overwhelmed by obstacles, or discouraged, or upset by them. This is something that few are able to do. But after you have controlled your emotions, and you can see objectively and stand steadily, the next step becomes possible: a mental flip, so you're looking not at the obstacle but at the opportunity within it."

Ryan Holiday, The Obstacle is the Way

Agency is the sense of control that you feel in your life, your capacity to influence your own thoughts and behavior, and have faith in your ability to handle a wide range of tasks, situations, and obstacles. Your sense of agency helps you to be psychologically stable, yet flexible in the face of obstacles.

4 ELEMENTS OF AGENCY

Self-Reflection: Allows you to think about and evaluate your motives, your values, and your life goals. Self-reflection entails stepping back from situations, obstacles, and looking at them from a _____. Self-reflection allows you to step away from your thoughts and emotions about an obstacle, pause, breathe, let the emotions come and go, and then evaluate the situation like an objective scientist.

Intentionality: A willingness to make a _____ commitment to take action in whatever situation you find yourself in. You will not let others around you force your actions, you choose to act and take control of your life. This is a daily, hourly, minute-by-minute commitment to yourself and your life. You are the one in charge of your life and how you approach any challenges that arise. It starts with a commitment to ourselves to control the things we can.

WHAT IS IN YOUR CONTROL? WHAT IS NOT IN YOUR CONTROL?

When faced with an insurmountable obstacle or situation, we can intentionally control many things, including:

- OUR EMOTIONS
- OUR JUDGEMENT ABOUT THE SITUATION
- OUR CREATIVITY
- OUR ATTITUDE
- OUR PERSPECTIVE
- OUR DESIRES
- OUR DECISIONS
- OUR DETERMINATION

In regards to your current obstacle and other obstacles in your life, which one of these things is the hardest for you to control? Which one is the easiest?

What we can't control:

- THE WEATHER
- THE ECONOMY
- OTHER PEOPLE'S EMOTIONS, CORE BELIEFS, OR JUDGMENTS
- DISASTERS
- TRENDS
- WHAT ELSE?

In regards to your current obstacle, which of these things is the hardest for you to let go of? Why?

MAN DOES NOT SIMPLY EXIST BUT ALWAYS DECIDES
WHAT HIS EXISTENCE WILL BE, WHAT HE WILL
BECOME THE NEXT MOMENT. BY THE SAME TOKEN,
EVERY HUMAN BEING HAS THE FREEDOM TO CHANGE
AT ANY INSTANT.

VIKTOR FRANKL

|

Forethought: An ability to visualize the future and set goals for yourself. Provides motivation and guidance. i.e. Becoming Clear.

Forethought helps with _____ of future negative events. Provide hindsight in advance, i.e. anticipate what obstacles may arise ahead of time so when they show up, you have a back up plan.

Self-Reactiveness: When it comes to obstacles, you have the ability to act on your plans and monitor your progress, and make course corrections. Self-reactiveness means that once you have intention and a plan, you cannot sit back and wait for the results to appear but you must be _____ in acting towards overcoming obstacles and reaching your goals.

What is one action step you can take to address your current obstacle?

When will you take this step? _____ Make a promise to yourself to take this step.



self confidence grows every time
you keep a promise to yourself.