

the
Unspoken
Coloring Book **Life**



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The Unspoken Life Coloring Book

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1 Life Connected Consulting

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Dedicated to
Pancho the poop
eater and Sanjay
the Monkey Cat.
Who are both
forever in our
hearts.



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Turning into the Culture as We Swim toward Sustainability

I started the 1 Life Connected movement in 2015 with the goal of helping people find their path toward a sustainable career within the veterinary industry so they can connect their careers with their passions.

Walking away from complete financial freedom and starting a movement in a totally foreign, uncharted space was a drastic step, but I was motivated by the belief that if my message saved one person, then it was all worth it. Traveling this path has not been easy, and, at times, I've found myself having to dig deep into living the framework of the message to keep moving forward.

Along this journey, I have often found myself swimming in the “ocean of shame” that I speak of in my book, *The Unspoken Life*. This ocean is the place where sinkers—negative thoughts and feelings—drag me down into a space where I feel unworthy of acceptance and belonging, where I feel my entire worth as a human being is in jeopardy.

Many of us grasp why the veterinary profession can be a sea of sinkers. Whether it's Yelp, Dr. Google, clients with no money, pets with no medical options, malpractice concerns, judgment errors, or all those journals we never read, the sinkers are plentiful.

Even in calmer seas, we in this profession tend to swim in an identical direction, creating our existing industry culture. As sinkers present themselves, we enter into fight-or-flight mode. Our heart rate and blood pressure both rise as we take defensive action. We congregate, looking to use

the strength of the group, like a school of fish moving in unison to fight off a threat, and create an atmosphere of “us against them.”

Picture this battle-ready school of fish surrounded by what I call the cynical serpent—the “name-blame-judge” monster. To save ourselves, we feed that serpent with judgment, hatred, and blame. This is often directed outward—“clients are stupid, and you can’t fix stupid”—but it can also be turned inward—“I’m stupid, and you can’t fix me.”

As we united to feed the name-blame-judge serpent and deal with our sinkers, I personally found myself becoming more and more disengaged from the world around me. I felt distraught, gradually losing my passion for life, until I felt completely disconnected from humanity.

The current I believed would support me and my fellow vet professionals had abandoned us, so I started swimming in another direction. Although difficult at first, moving away from that name-blame-judge mentality and towards a new one, that of “recognize-embrace-connect,” empowered me.

As I began this journey to find a current that supports a culture of my individual desires, wants, and needs, I was excited to see that I wasn’t alone in the ocean. Often, I saw other fish attempting to change direction. Sometimes they would be right next to me, and swimming with them made it so much easier to make forward progress, even if our ultimate destinations were different.

To be clear, there is no one “right” direction to follow. There is no one “fix” for the profession, because we are not broken; we are all swimming in that ocean of shame, looking to honor ourselves while we hold up the veterinary oath. For me, that required moving away from feeding the cynical serpent and toward a space where I could hold both my sinkers and my balloons. The balloons are those things that help to lift us out of that ocean of shame and allow us to find ways to stay connected to ourselves and all of humanity. It is not about replacing the sinkers with balloons, but in fact recognizing, embracing, and connecting with both.

We are not broken. We don’t need to be fixed. And we are not alone.

This coloring book is intended to allow each of you to take your first steps on a personal journey to career sustainability—to begin swimming against

the current of name-blame-judge and move in the direction of recognize-
embrace-connect.

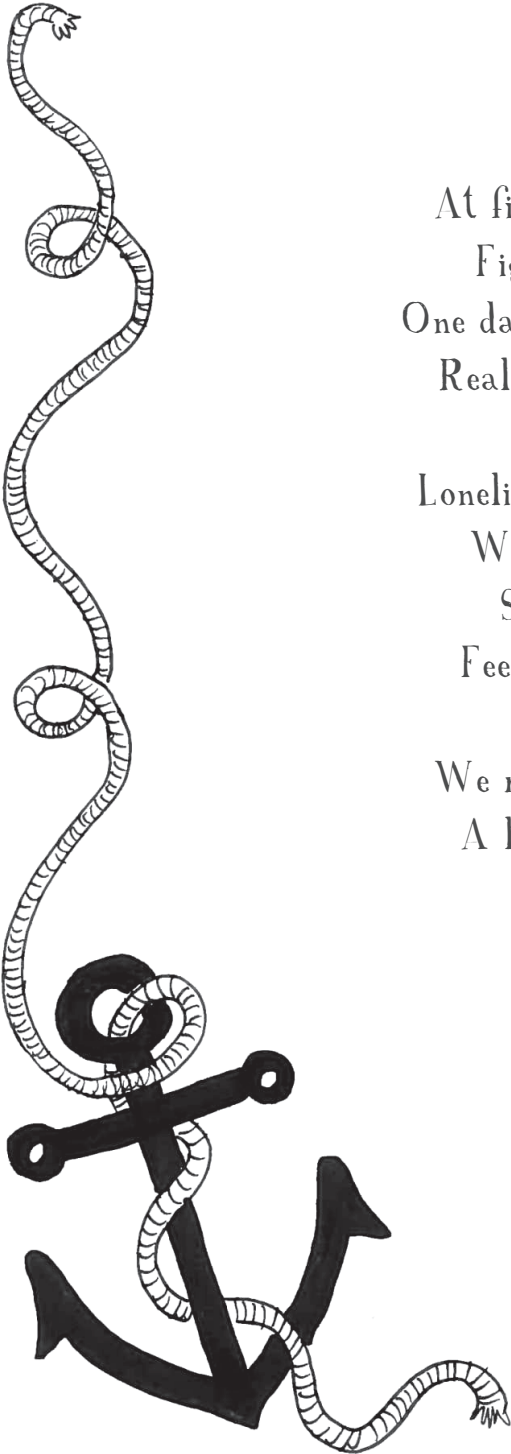
Now it's time to find some crayons or a stack of colored pencils. Color along
and take your unique fish on the journey back to connection.



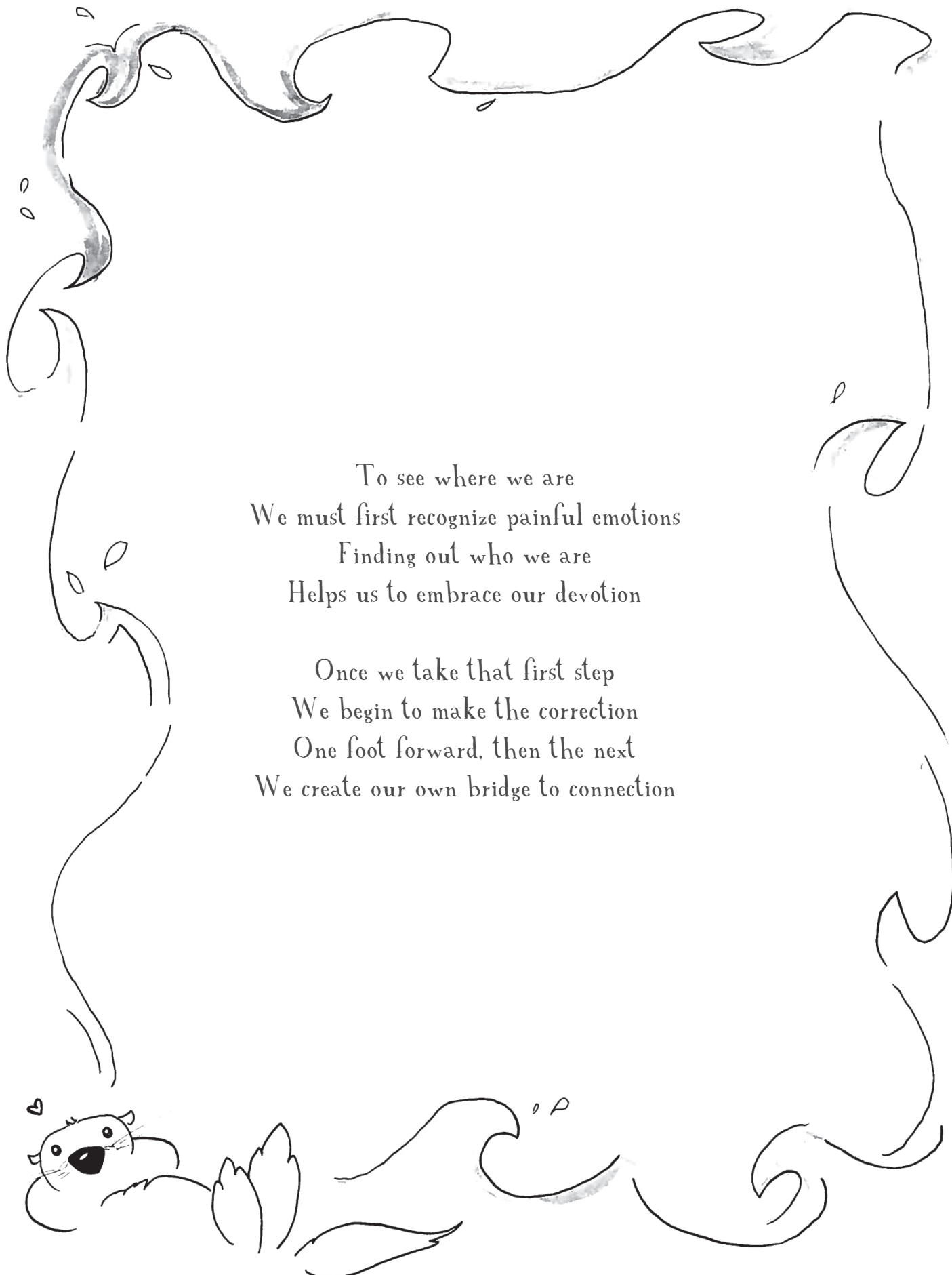
At first we relish the journey
Fighting to save all lives
One day we wake up topsy-turvy
Realizing we've lost our drive

Loneliness and shadows abound
We begin to feel trapped
Smiles fade to frowns
Feeling lost lives untapped

We recognize deep in our core
A life as yet unspoken for

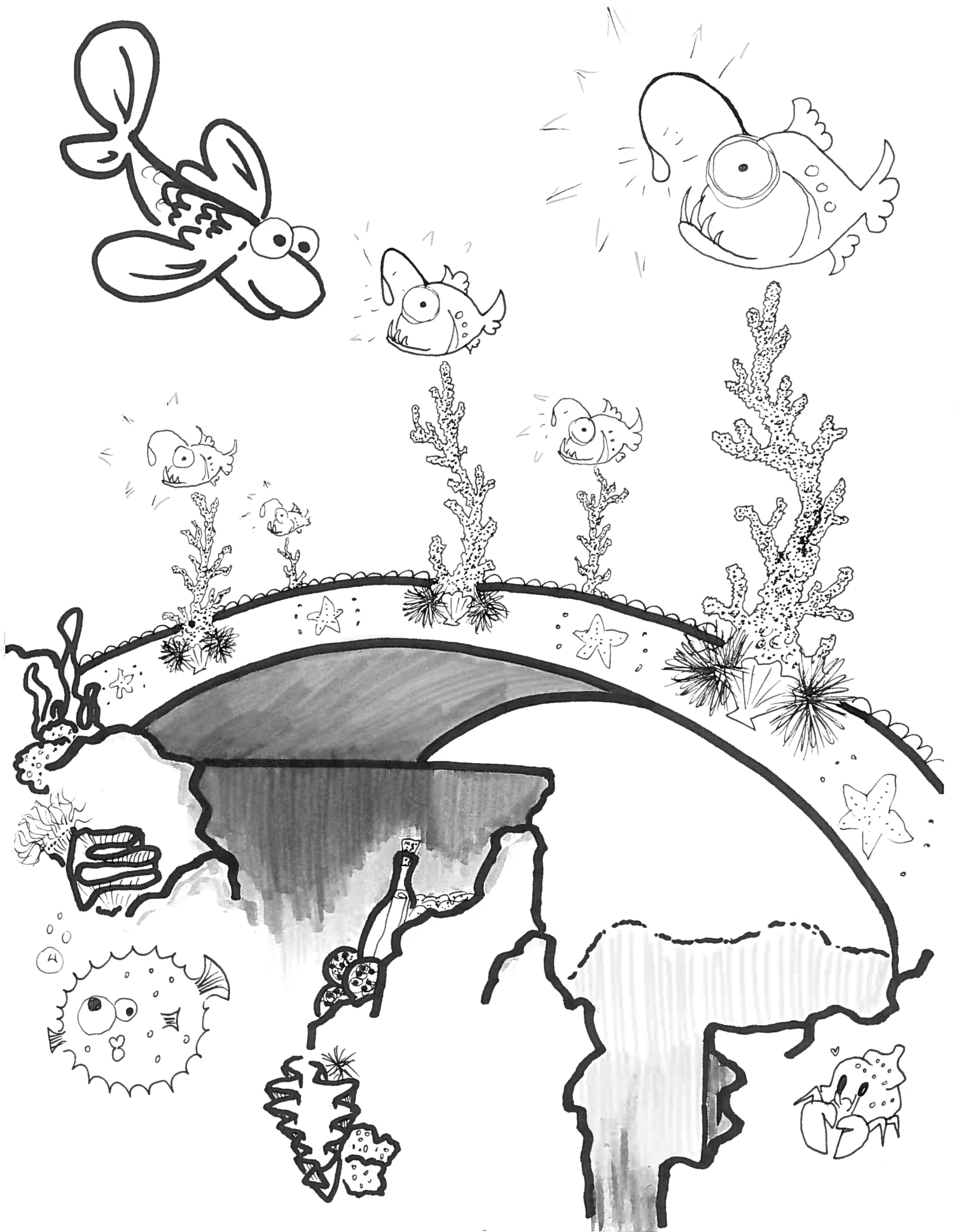






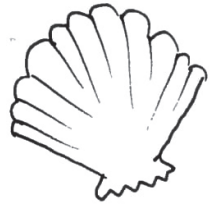
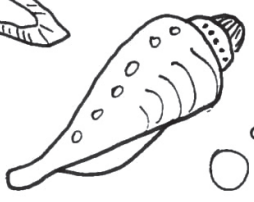
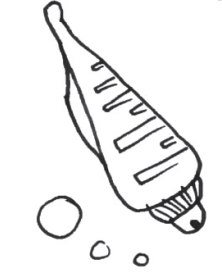
To see where we are
We must first recognize painful emotions
Finding out who we are
Helps us to embrace our devotion

Once we take that first step
We begin to make the correction
One foot forward, then the next
We create our own bridge to connection





We each have our own soul horse
To transport us to love and delight
We work to start on this new course
To reconnect with our own inner light



Sinkers appear all around
While balloons rise above for our reach
Sinkers feed the serpent dragging us down
Balloons lift us up to the beach

Vulnerability gives us discernment:
Our name-blame-judge habit does destroy
In choosing recognize-embrace-connect
A new path reawakens our joy

