

Creating V-V-M Worksheet



Print and view the Values, Vision and Mission Video Recording. Physically write out your answers, ideas, values, vision and daily mission upon completion of viewing the video.

Creating your professional path may require some initial soul searching. These three areas, values, vision and mission, are all connected.

As you begin this creative exercise, permit your thoughts to flow without boundaries. Allow for real brainstorming to occur, because when you express yourself, **authentically**, you can create a **dynamic** career.

Be BOLD, Be BRIGHT, Be COURAGEOUS in writing your thoughts.

Values

Consider what you believe about being a veterinary professional and entrepreneur. The List of Values may help you.

Some examples of commonly shared values include: I believe that each day it is my responsibility to give my best with integrity; I believe in trustworthiness; I believe in continually learning and expanding. I believe in leading through example.

Answer the following to start the brainstorming process. Don't be limited by just these questions. Write down everything that comes to mind.

In regard to:

serving pets, and people I believe....

serving the veterinary community, I believe...

being a part of an efficient, skillful veterinary team or organization, I believe....

my personal time and satisfaction, I believe....

my personal career passion, I believe...

my personal career wellbeing, I believe....

I hold _____ in high regard when it comes to my time.

I hold _____ in high regard when it comes to my daily happiness.

How do I want to act when in a stressful situation?

What attitude do I have towards guiding my career and life?

What are my driving core beliefs?

What makes me SHINE? What makes me FEEL GOOD?

Now take your list and start to combine like words / phrases. Keep pairing it down until you have a list that you feel best reflects you in general.

Repeat this brainstorming / pairing down process for the vision and mission statements.

Vision

Definition reminder: On the lofty side, think BIG IDEA, free of ALL BOUNDARIES and ALL JUDGMENTS, describe what you want to BE/DO that perpetuates your career passion.

What do I want to be doing in the future?
What is my clear objective?
Am I excited and inspired about this vision?
When do I want to achieve this (time frame)?
Define who you serve.

Mission

Definition reminder: A statement which establishes what's important in the present and can help guide current daily and career decision making.

List your top key attributes (characteristics) that describes who you are.
What are your current career priorities?
What makes you stand out in what you're currently doing?
What skills do you bring?
What are your successes?
On a daily basis:

- How do you plan and execute your day?
- What are your greatest tools for success?
- Who are your greatest supporters?
- What meditation practices do you enlist?
- How does wellbeing fit into your day?
- What about family and friends, colleagues and community?

After you have taken all these ideas and morphed them into statements that supports your career undertaking, you'll want to revisit them several times over the next few weeks to make sure it's the V-V-M that best reflects you.

You are encouraged to keep your V-V-M in a visible place and refer to it frequently, especially when making career and life choices. Use it as your guide.