

Creating V-V-M Worksheet



Creating your professional path may require some initial soul searching. These three areas, values, vision, and mission, are all connected. Morph the worksheet to meet your needs. You may be wanting to work in a veterinary hospital, within an association, teach students, design a new small business....alter the questions to meet your desire in moving forward and your unique skills.

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 team member, as well as how you serve pets and pet owners.

Some examples of commonly shared values include:

- 1) I believe that each day it is my responsibility to give my best for the pet, pet owner and veterinary team
- 2) I believe in trustworthiness; I believe in continually learning and training

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, I believe....
- serving veterinary clients, I believe...
- being a part of an efficient, skillful veterinary team, 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 providing veterinary care.

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

What attitude do I have towards pets, clients, and my teammates?

What is my driving core beliefs?

What makes me unique?

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?
What excites and inspired about this vision?
When do I want to achieve this (time frame)?

Mission

Definition reminder: A statement which establishes what's important in the present and can help guide current 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 offer the best care possible to the animals you advocate for?
- How do you complete your daily tasks?
- Treat your patients?
- Treat clients?
- Treat team members?
- Outreach in the community?

After you have taken all these ideas and morphed them into statements that supports your career, 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 choices. Use it as your guide.

Reach out for a free, [15 minute Discovery Call](#) or [schedule Career Coaching Sessions](#).

A note about Coaching because working with a Coach may be a new experience for you, personally and professionally. Benefits of connecting with and receiving resources from a Coach include:

1. Accountability
2. Move past barriers
3. New strategies and systems
4. Measurable steps
5. Motivation