



LAWYER WELL-BEING WEEK

MAY 4-8, 2020

MON



STAY STRONG

Physical Well-Being

TUES



ALIGN

Spiritual Well-Being

WEDS



ENGAGE & GROW

Career & Intellectual Well-Being

THURS



CONNECT

Social Well-Being

FRI



FEEL WELL

Emotional Well-Being

LAWYER WELL-BEING WEEK ACTIVITY PLANNING GUIDE

1

Activity Title:	Personal Mission Statement Exercise
Well-Being Dimension:	Spiritual
Complexity Rating (1 to 3):	1 2 3
Required Resources/Materials:	Purpose Chart; Personal Mission Statement Form
Author:	Lauren Cohen, JD, CPC, ELI-MP, Lauren Cohen Coaching, LLC, lauren@laurencohencoaching.com

Activity Objective:

To create a personal mission statement by tuning into your aspirations and unique strengths and how to leverage those together to create positive action towards your goals.

Well-Being Connection (How/Why Does this Work?)

“Power properly understood is nothing but the ability to achieve purpose.”

-Martin Luther King, Jr.

Do you have big goals for your professional career, or are you operating on auto-pilot? Most people fall into the latter category. We tend to go through the motions of our busy lives, disconnected from who we are, what we want, and what’s truly possibly for us. By spending some time thinking about what you want and what innate skills you have that will help you achieve your career goals, you will reconnect with your purpose and leverage your power.

As Martin Luther King, Jr., so eloquently said, when we lean into our purpose, our power is illuminated. The purpose of this exercise is to amplify your purpose by getting clear on what you want and what actions you’re willing to take to make your aspirations a reality.

Procedure

Preparation

- Fill out the attached Purpose Chart.
- Create your Personal Mission Statement on the form attached by following these instructions:
 - Take the top/best item in each category and circle it;
 - Complete the following sentence: "I will (take the circled item in column 4) using my... (take the circled item from column 3), to accomplish... (take the circled item from column 2), and in doing so also achieve... (take the circled item in column 1);
 - Write your combined Personal Mission Statement on the attached form and commit yourself to purposeful action!

Example Mission Statement: I will enhance the focus I bring to my work, using my perseverance and dedication, to accomplish maximizing my time and energy, and in doing so, also achieve improved work satisfaction.

Suggestions for Resources

Lauren Cohen is an Executive and Leadership Coach. Lauren can be reached at Lauren@Laurencohencoaching.com. More information about Lauren's full service offerings, including executive/leadership coaching, team coaching, results-based assessments, and workshops/speaking, can be found on her website: www.laurencohencoaching.com.

The Power of Meaning, by Emily Esfahani Smith
 There's More to Life Than Being Happy, a TED Talk by Emily Esfahani Smith

1	2	3	4
List at least 3 "Things I want most out of my work."	List at least 3 "Things I'd like to experience in my career."	List at least 3 "Things that I believe make me unique."	List at least 3 "Business or personal improvements/positive actions that I can undertake in my life during the next two weeks."
What are the personal/emotional successes you really want from what you do?	What would you like the ultimate benefits to others to be as the result of your contribution?	What are your gifts?	Complete the statement starting "I can..."

