



# 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

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Activity Title:	Values Challenge
Well-Being Dimension:	Spiritual
Complexity Rating (1 to 3):	1 2 3
Required Resources/Materials:	Values Assessment, Postcard,
Author:	Lauren Cohen, JD, CPC, ELI-MP, Lauren Cohen Coaching, LLC, lauren@laurencohencoaching.com

## LEVEL ONE (INDIVIDUAL PRACTICE)

### Activity Objective:

To establish top values and identify opportunities to better align behavior/ thoughts/actions with values.

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

Values are everything. Values represent our truest desires for the way we want to interact with and relate to the world, other people, and ourselves. They are leading principles that can guide us and motivate us as we move through life. Values are not the same as goals. Values are directions we keep moving in, whereas goals are what we want to achieve along the way.

When we are connected to our values, they serve as an inner compass or GPS. When we live in alignment with our values, it contributes to purpose, satisfaction, fulfillment and overall well-being. Lawyering moves at a fast, sometimes frenetic, pace. As a result, we sometimes shift from consciousness to survival mode, which has us go through the motions, just trying to get through each day. In this process, we unconsciously disconnect from our values and, often, our 'big picture' vision.

Disconnecting from what is really important to us can cause a misalignment, which can result in disengagement, burnout, anxiety and depression. The purpose of this challenge is to reconnect with your top values and commit to expressing/honoring them more fully in the coming month.

### Procedure

- Identify five values that are most important to you from the list provided (see attached). Some people struggle narrowing down their list to five. Think of it this way – they may all be important to you, but without the top five, you would feel empty or cease to be YOU.
- Identify one way that you express/honor each value at work.
- Identify one way that you express/honor each value outside of work.
- On a scale from 1-10 (1 being not at all and 10 being as meaningfully as possible) ask yourself how well you are expressing/honoring each value in your life.
- Identify at least one new way you can commit to expressing/honoring each of your top values in the coming month.
- On a notecard, write a note to yourself as if it is one month later. Congratulate yourself for expressing/honoring each of your values over the past month. Be sure to reflect on how you now feel differently after satisfying your commitment. By visioning how it will feel to have followed through on your commitment, you cement the commitment.
- Keep your postcard in a special spot for motivation and self-accountability.

### Suggestions for Resources

Lauren Cohen is an Executive and Leadership Coach. Lauren can be reached at [Lauren@Laurencohencoaching.com](mailto: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](http://www.laurencohencoaching.com).

Elina Teboul, Executive Coach & Founder of The LightUp Lab. Contact [elina@lightuplab.com](mailto:elina@lightuplab.com) for more information on 1:1 coaching, team workshops and trainings (with potential for CLE credit), and speaking engagements. Learn more at [www.lightuplab.com](http://www.lightuplab.com).

Discovering Your Authentic Core Values, by Mark Alan Schelske

The Power of Meaning, by Emily Esfahani Smith

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

# Values

Your values represent what's important to you in life.

Find a quiet space and read through the words and circle 15 words that resonate with you as a personal value. Once you have completed the list, read back through the list and do your best to narrow down the list to the top 5.

*NOTE: The Sample Values list below is ONLY to give you ideas. There may be values that are missing from this list and different words that sum up your Values, so feel free to add the words in the list below. Please remember that personal Values tend to shift/change over time as you understand yourself better and experience different phases of your life. There are NO RIGHT or WRONG answers, we are each unique, your values indicate what's important to YOU in life.*

- |                    |                   |                     |
|--------------------|-------------------|---------------------|
| 1. Accomplishment  | 34. Focus         | 67. Presence        |
| 2. Accuracy        | 35. Forgiveness   | 68. Productivity    |
| 3. Acknowledgement | 36. Freedom       | 69. Recognition     |
| 4. Adventure       | 37. Friendship    | 70. Respect         |
| 5. Authenticity    | 38. Fun           | 71. Resourcefulness |
| 6. Balance         | 39. Generosity    | 72. Romance         |
| 7. Beauty          | 40. Gentleness    | 73. Safety          |
| 8. Boldness        | 41. Growth        | 74. Self-Esteem     |
| 9. Calm            | 42. Happiness     | 75. Service         |
| 10. Challenge      | 43. Harmony       | 76. Simplicity      |
| 11. Collaboration  | 44. Health        | 77. Spaciousness    |
| 12. Community      | 45. Helpfulness   | 78. Spirituality    |
| 13. Compassion     | 46. Honesty       | 79. Spontaneity     |
| 14. Comradeship    | 47. Honour        | 80. Strength        |
| 15. Confidence     | 48. Humour        | 81. Tact            |
| 16. Connectedness  | 49. Idealism      | 82. Thankfulness    |
| 17. Contentment    | 50. Independence  | 83. Tolerance       |
| 18. Contribution   | 51. Innovation    | 84. Tradition       |
| 19. Cooperation    | 52. Integrity     | 85. Trust           |
| 20. Courage        | 53. Intuition     | 86. Understanding   |
| 21. Creativity     | 54. Joy           | 87. Unity           |
| 22. Curiosity      | 55. Kindness      | 88. Vitality        |
| 23. Determination  | 56. Learning      | 89. Wisdom          |
| 24. Directness     | 57. Listening     | 90. _____           |
| 25. Discovery      | 58. Love          | 91. _____           |
| 26. Ease           | 59. Loyalty       | 92. _____           |
| 27. Effortlessness | 60. Optimism      | 93. _____           |
| 28. Empowerment    | 61. Orderliness   | 94. _____           |
| 29. Enthusiasm     | 62. Participation | 95. _____           |
| 30. Environment    | 63. Partnership   | 96. _____           |
| 31. Excellence     | 64. Passion       | 97. _____           |
| 32. Fairness       | 65. Patience      | 98. _____           |
| 33. Flexibility    | 66. Peace         | 99. _____           |



VALUES  
CHALLENGE

DEAR SELF,

