



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:	The Best Possible Self
Well-Being Dimension:	Intellectual/Occupational
Complexity Rating (1 to 3):	<input checked="" type="radio"/> 1 <input checked="" type="radio"/> 2 <input checked="" type="radio"/> 3 (Options below)
Required Resources/Materials:	Paper
Authors:	Jonathan Beitner, jonathan.beitner@gmail.com, see LinkedIn profile Elina Teboul, The LightUp Lab, elina@lightuplab.com, thelightuplab.com

Activity Objective:

The Best Possible Self (BPS) exercise can be used to change mindset and increase optimism. The BPS exercise requires people to envision themselves in an imaginary future in which everything has turned out in the most optimal way. Research indicated a change in mindset due to the increase in optimism.

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

Over the past years, writing about and imagining a BPS has repeatedly shown to increase people's mood, well-being and optimism. This exercise will also help participants identify their career goals and priorities, which is an important aspect of maintaining one's occupational well-being.

- King, A. (2001). The health benefits of writing about life goals. *Personality and Social Psychology Bulletin*, 27, 798-807.
- Meevissen, Y., Alberts H., & Peters, M. (2011). Become more optimistic by imagining a best possible self: Effects of a two week intervention. *Journal of Behavior Therapy and Experimental Psychiatry*. 42, 371-378.

Procedure

Level 1 Activity

Visualize your best possible self 1 year, 5 years and/or 10 years from now. During this time, think about your best possible future self. Imagine your life the way you always imagined it would be. Imagine that you have performed to the best of your abilities and you have achieved all the things you wanted to in life. After visualizing, write down what you saw.

Level 1 Bonus: Schedule a 1:1 consultation with a coach who can walk you through a guided visualization exercise. Then a coach can help you dig deeper into your best possible self and establish a set of short-term goals to help you get there.

Preparation

Level 2 Activity

Get together with colleagues and discuss your visualizations and plans to move towards accomplishing them. See if there is any way that you and your colleagues can support each other and hold each other accountable for accomplishing the short-term goals needed to ensure progress towards your goals.

Level 3 Activity

Invite an expert to help your team visualize your individual and your team's future success. Have an expert walk you through a goal setting exercise to help you get there.

Suggestions for Resources

Online Resources:

- https://ggia.berkeley.edu/practice/best_possible_self
- <https://www.psychologytoday.com/us/blog/what-matters-most/201303/what-is-your-best-possible-self>
- <https://www.mindful.org/how-to-foster-optimism/>

Contact The Activity Guide Authors:

- Elina Teboul, Executive Coach & Founder of The LightUp Lab. Learn more at www.lightuplab.com. Contact Elina at elina@lightuplab.com for more information for more information on 1:1 coaching, team workshops and trainings (with potential for CLE credit), and speaking engagements.
- Jonathan Beitner is a former BigLaw litigator, certified coach, and attorney well-being expert. Contact Jonathan at jonathan.beitner@gmail.com for more information about individual coaching or group workshops and trainings.