

TUES



ALIGN: Spiritual Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



LAWYER
WELL-BEING
WEEK

MAY 4-8, 2020

WATCH THIS:

Emily Esfahani Smith's TED Talk: [There's More to Life Than Being Happy](#) (Pursue Meaning Instead)

READ THIS:

Anne Brafford & Robert Rebele's Court Review article: [Judges' Well-Being And The Importance Of Meaningful Work](#) (not just for judges!).

DO THIS:

Complete the [Values Challenge Activity Guide](#) and post about your experience on social media using the hashtag #Lawyer-WellbeingWeek. Have fun!

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"People who learn to control inner experience will be able to determine the quality of their lives, which is as close as any of us can come to being happy." - Mihaly Csikszentmihalyi
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