

THURS



CONNECT: Social Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



LAWYER
WELL-BEING
WEEK

MAY 4-8, 2020

WATCH THIS: Adam Grant's TED Talk: [Are You a Giver or a Taker?](#)

READ THIS: Rob Cross's Harvard Business Review article: [To Be Happier at Work, Invest More In Your Relationships.](#)

DO THIS: Write a [gratitude letter](#) to someone you've been meaning to thank and read it out loud to them. Post about your experience on social media using the hashtag #LawyerWellbeingWeek. Have fun!

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"Feeling gratitude and not expressing it is like wrapping a present and not giving it." – William Arthur Ward.
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