

TUES



ALIGN: Spiritual Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



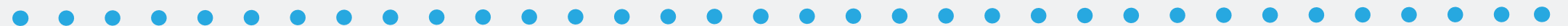
**WELL-BEING
WEEK
IN LAW**

MAY 1-5, 2023

WATCH THIS: OnBeing with Krista Tippett and Dacher Keltner: [“The Thrilling New Science of Awe”](#) (2023)
Dacher Keltner is a professor of psychology at the University of California, Berkeley, and founding director of the Greater Good Science Center. In this podcast, he talks with Krista Tippett about research on primary experience of awe in human life. We experience awe in moments when we have a sense of wonder, or mystery, that transcends our understanding.

READ THIS: Cross, Rob (2020) [Do You Have a Life Outside of Work?](#)

DO THIS: Complete the “Connections that Create Purpose” assessment in the Rob Cross article linked above, and identify one new purpose giving activity to explore bringing back in your life. Then talk to someone about this idea today - your spouse, a colleague, or a friend.



The meaning of life is to find your gift. The purpose of life is to give it away - Pablo Picasso

