



**TUESDAY**

**ALIGN:** Spiritual Well-Being

# LET'S TRY A FEW Well-Being Mini Experiments To Align



WELL-BEING  
**WEEK  
IN LAW**

WELL BEING  
**reboot**  
*A Fresh Start for Positive Change.*



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## **BURSTS OF BENEVOLENCE**

Do five new things that positively impact or improve the welfare of work colleagues or clients. Choose things outside your normal work routine, and do them all in one day. Research says you'll get a boost in your work's meaningfulness.



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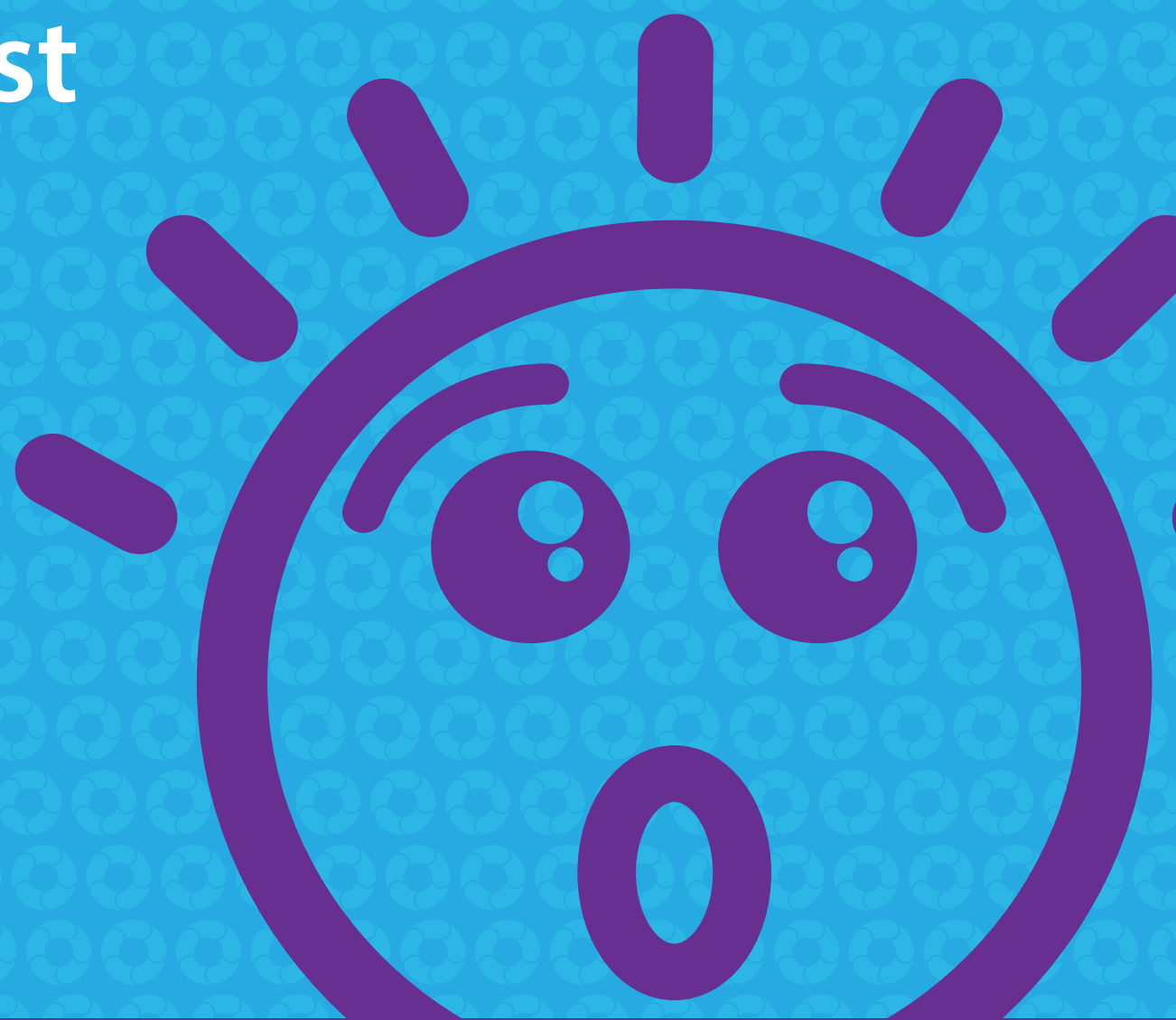


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# TAP INTO THE POWER OF AWE

Do something today to inspire awe. Awe can enhance our experience of meaning in life and well-being by reminding us of our interconnectedness, the eternal splendor in our world, and larger purposes. One activity idea is to take a photo of something you find awe-inspiring and post it on LinkedIn, using **#WWIL2024**.



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# FIND THE SPARK: CREATE MEANING IN EVERYDAY WORK

Cheers to all you lawyers and legal professionals who wake up each day feeling inspired by your purpose-driven work. For those who don't, there's much you can do to create more daily meaningfulness. For example, connect with clients to hear how your work supports them professionally and personally. Find ways to express your strengths and values more fully through your work. Help others. All the little bits add up to a more meaningful work experience—which, in turn, can boost your well-being and engagement.



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