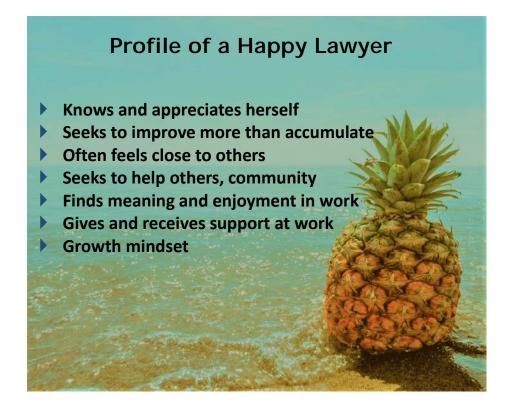
## **Reflection and Action for Fulfilment**



## **Connecting to Your Self (.66)**

- How have I been feeling lately?
- How can I do a little more of what I enjoy or care about (personal time)?

• What would I like to improve in myself?

## Relating to Others (Personal or at Work) (.65)

- Who are my important others?
- When do I give them full attention?
- Am I kind? Respectful?
- How can I be closer to any of them?

## **Connecting with Work (.55)**

- How much of my work really matters to me?
- How much of my work do I enjoy?
- o Where can I make small improvements?
- Do I need help with work satisfaction? (Mentor, coach)

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