


# Reflection and Action for Fulfilment

**Profile of a Happy Lawyer**

- ▶ Knows and appreciates herself
- ▶ Seeks to improve more than accumulate
- ▶ Often feels close to others
- ▶ Seeks to help others, community
- ▶ Finds meaning and enjoyment in work
- ▶ Gives and receives support at work
- ▶ Growth mindset

A photograph of a whole pineapple sitting on a sandy beach. The pineapple is in the foreground, slightly to the right of the center. The background shows the ocean waves breaking onto the shore under a clear sky. The overall tone of the image is bright and positive.

## 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?
- Where can I make small improvements?
- Do I need help with work satisfaction? (Mentor, coach)