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

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)