

How to Live Your Best Law Life

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Your Law Life, LLC

11th Annual Local Government Conference for Attorneys & Paralegals

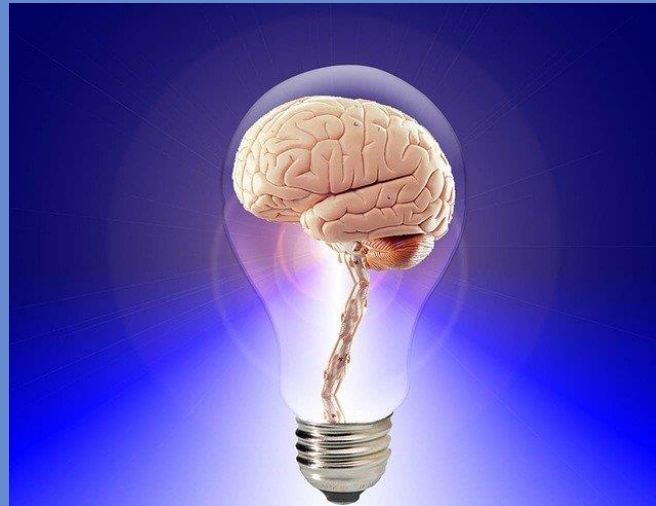
Pinehurst NC

October 21, 2022

1. Cultivate a Sense of Purpose



Improve Your Attitude Rewire Your Brain ... in just 2 minutes a day



Write down three new things you are grateful for
– 21 days straight.

Shawn Achor, “The Happiness Advantage” 2012 TEDx



What has happened today that
you're grateful for?

2. Create
Space for Silence



**TURN OFF
CELL PHONES**

Walk In Nature Boosts Productivity



Subjects who strolled through a lush, green part of campus were more attentive and happier than subjects who walked near heavy traffic.

- 2015 Stanford University study

Mindfulness/Meditation Apps

- Headspace
- Calm
- The Mindfulness App
- Breethe



How do you create space for
silence in your life?

3. Seek

Real Prosperity



Professional Hazards

- Perfectionism
- Stress and Type A issues
- Depression
- Imposter Syndrome
- Harsh inner critic
- Negative self-talk
- Substance disorder

What New Lawyers Want

1. Quality of life
2. Flexible schedule/leave
3. Healthy work environment
4. Pay
5. Insurance and benefits
6. Long-term commitment to their employer

- American Bar Association



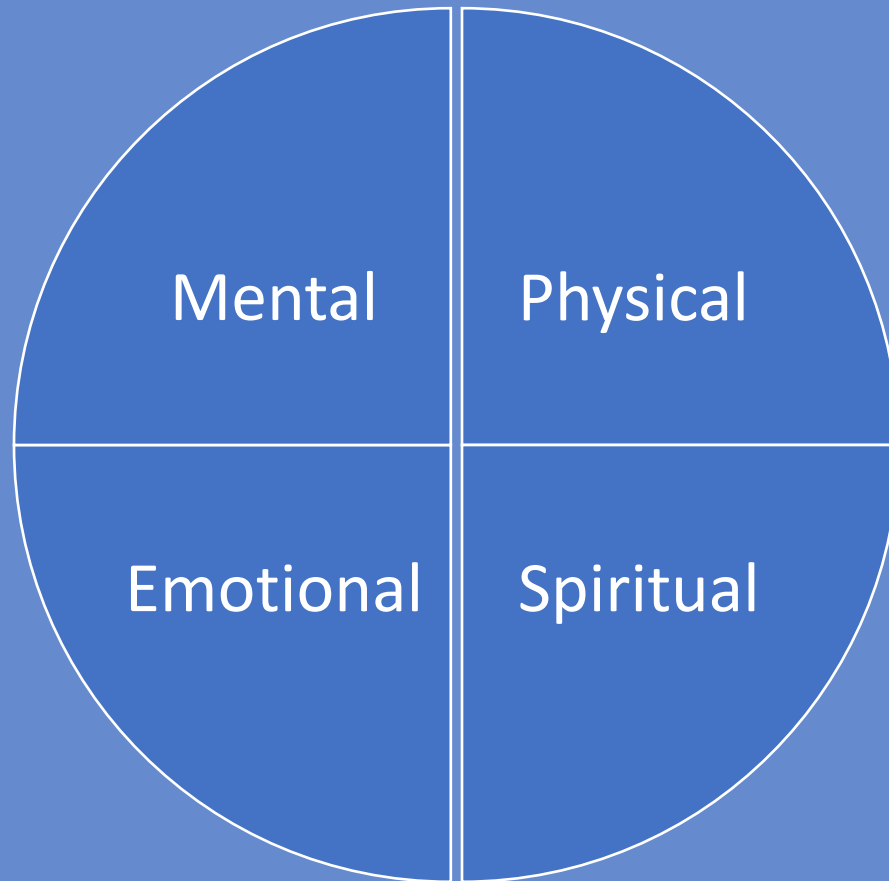
What do you like about your job?

4. Personal

Well-being

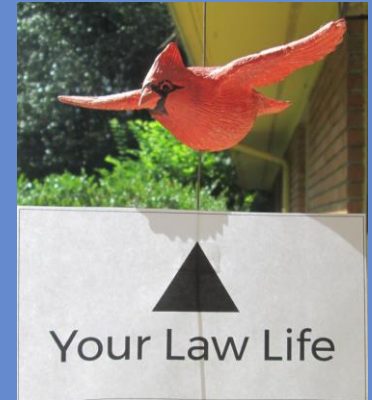


Wheel of Health





What is one step you can take to improve your personal well-being?



THANK YOU

Enjoy Your Best
Law Life!