

# WELL-BEING WEEK IN LAW

## ACTIVITY PLANNING GUIDE

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MON



**STAY STRONG**

Physical Well-Being

TUES



**ALIGN**

Spiritual Well-Being

WEDS



**ENGAGE & GROW**

Career & Intellectual Well-Being

THURS



**CONNECT**

Social Well-Being

FRI



**FEEL WELL**

Emotional Well-Being

Activity Title:

Aligning With Your Values

Well-Being Dimension:

Spiritual Well-Being

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### Activity Objective:

To identify your core values and ways to align those values with your work and personal life.

### Well-Being Connection (How/Why Does this Work?)

**“Happiness is when what you think, what you say, and what you do are in harmony.” —Mahatma Gandhi**

Well-Being Week’s definition of **Spiritual Well-Being** is cultivating a sense of meaning and purpose in work and life and aligning our work and lives with our values, goals, and interests. Chronic misalignment between our values and behaviors can contribute to disengagement, burnout, anxiety, and depression.

### Procedure

#### Values vs. Goals

Values represent our truest desires for the way we want to interact with and relate to the world, other people, and, perhaps most importantly, ourselves. In a sense, values are the leading principles that guide us and motivate us as we move through life.

Although goals and values may seem similar in concept, values are directions we keep moving in, whereas goals are certain benchmarks we want to achieve along the way. Ensuring our actions and decisions align with our values can help us achieve goals that ring true to our authentic selves and are not born out of the expectations of others.

#### Living Intentionally vs. Surviving On Autopilot

Connecting to our values helps us connect to our inner compass. Living in alignment with our values contributes to a sense of purpose, satisfaction, and overall well-being. Due to the often fast and unpredictable pace of working in the legal profession, it can be easy to shift from intentional living in alignment with our values to autopilot-survival-mode. When we do so, we may unconsciously disconnect from our values.

### Procedure

#### Taking Steps to Reconnect With Our Values

The purpose of this activity is to reconnect with your top values and commit to expressing and honoring them more fully in the coming month.

1. **Pick Your Top Values.** Review the list below, and pick three values that are most important or salient to you. Some people struggle narrowing down their list to three. Think of it this way — they may all be important to you, but without the top five, you would cease to be YOU.
2. **Your Values at Work.** Identify one way that you express/honor each value at work.
3. **Your Values In Your Personal Life.** Identify one way that you express/honor each value outside of work.
4. **How Can You Live Your Values More?** Identify at least one new way you can commit to expressing/honoring each of your top values in the coming month.
5. **Write A Note To Your Future Self:** On a note card or piece of paper, write a note to your future self one month in the future:
  - Congratulate yourself for expressing/honoring each of your values over the past month.
  - Reflect on how you now feel differently after satisfying your commitment.
  - By visioning how it will feel to have followed through on your commitment, you cement the commitment.
  - Keep this note in a special spot for motivation and accountability.

#### What Are Your Most Salient Values?

Authenticity	Citizenship	Flexibility	Kindness	Pleasure	Spirituality
Achievement	Community	Freedom	Knowledge	Poise	Stability
Adaptability	Competency	Friendship	Leadership	Power	Success
Adventure	Connection	Fun	Learning	Recognition	Tolerance
Ambition	Contribution	Growth	Love	Religion	Tradition
Authority	Courage	Happiness	Loyalty	Reputation	Trustworthy
Autonomy	Creativity	Helping Others	Meaningful Work	Respect	Valued
Balance	Curiosity	Honesty	Novelty	Responsibility	Wealth
Belonging	Determination	Humor	Openness to	Security	Wisdom
Boldness	Excitement	Influence	Change	Self-Direction	
Compassion	Fairness	Inner Harmony	Optimism	Self-Respect	
Challenge	Faith	Justice	Peace	Service to Others	

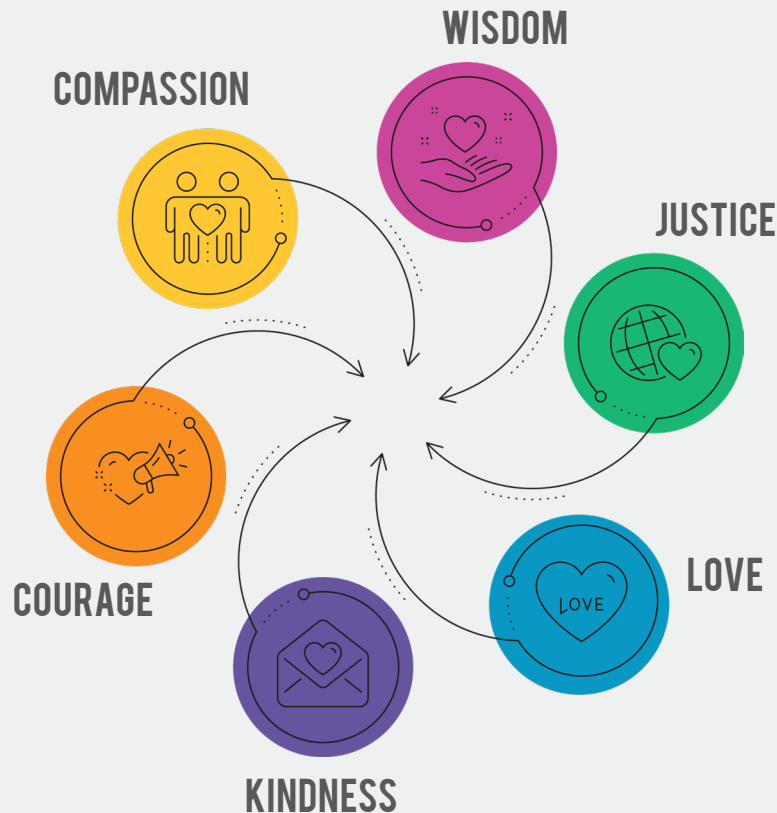
### Procedure

#### Invite Your Work Team To Participate

You'll be better able to live your values when those around you (including at work) support your efforts to do so. Fostering an open discussion about values at work can help make such conversations more "normal" while also driving connections between colleagues and bolstering engagement.

Consider inviting people that you work with to participate in the values activity above and then reflect on your experience collectively. Potential reflection questions include:

- Was it challenging to determine your core values?
- How do you feel like you live in accordance with your values each day?
- What is one step you can take this week to feel more aligned with each of your core values? What about one step this month?
- How do you feel like your core values align with the organization's values?
- What can you and your colleagues do to support each other's efforts to live in alignment with your values?



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### Resources

- James Clear (2018). [One Research-Backed Way to Effectively Manage Your Stressful and Busy Schedule](#). Medium.com.
- Carley Sime (2019). [Please Get to Know Your Values](#). Forbes.com.
- Madhuleena Roy Chowdhury, BA (2021). [The 3 Best Questionnaires for Measuring Values](#). PositivePsychology.com.
- Maïke Neuhaus Ph.D. (2021). [25 Values Worksheets to Enrich Your Clients' Lives With More Meaning](#). PositivePsychology.com.
- Emily Esfahani Smith (2019). [There's More to Life Than Being Happy](#). TED Talk, 12:09 mins.

### Author

**Marisa Tashman, JD** is an associate at Covington & Burling LLP in Los Angeles, CA. Marisa has a podcast called Undefined that explores the journey to full well-being, including issues related to identity, authenticity, and self-love. Email: [mtashman@cov.com](mailto:mtashman@cov.com).