

WHAT IS LAWYER "WELL-BEING"?



A continuous process in which lawyers strive for thriving in each dimension of their lives:

Cultivating personal satisfaction, growth, and enrichment in work. Financial stability.

OCCUPATIONAL



INTELLECTUAL



Engaging in continuous learning and the pursuit of creative or intellectually challenging activities that foster ongoing development. Monitoring cognitive well-being.

EMOTIONAL



Developing a sense of meaningfulness and purpose in all aspects of life.

SPIRITUAL



Recognizing the importance of emotions. Developing the ability to identify and manage our own emotions to support mental health, achieve goals, and inform decision-making. Seeking help for mental health when needed.

SOCIAL



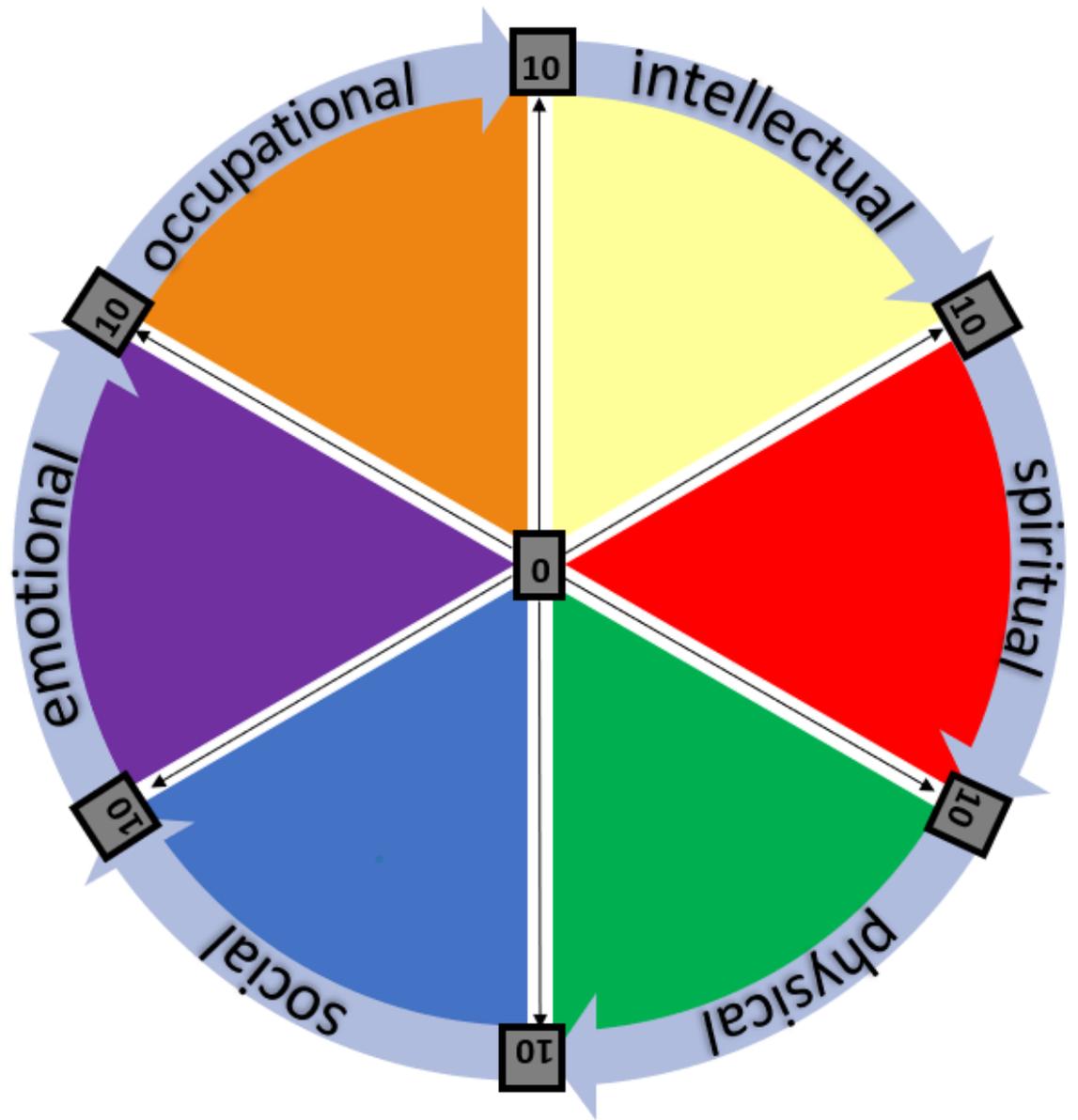
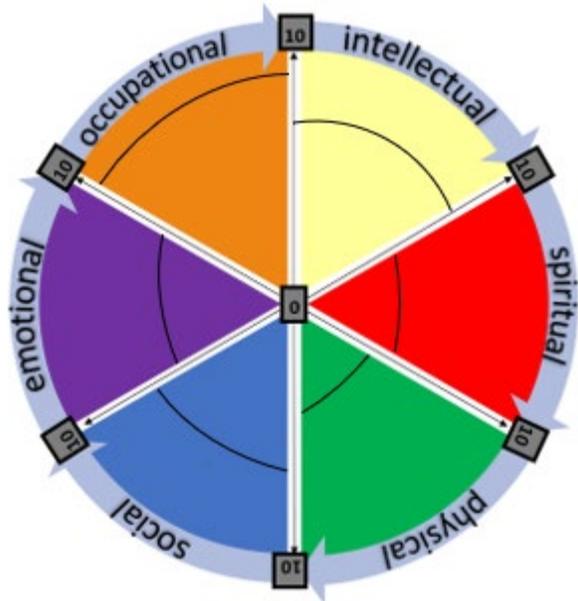
Developing a sense of connection, belonging, and a well-developed support network while also contributing to our groups and communities.

PHYSICAL



Striving for regular physical activity, proper diet and nutrition, sufficient sleep, and rejuvenation. Minimizing the use of addictive substances. Seeking help for physical health when needed.

1. Rate satisfaction in each section from 0-10 (0= not satisfied 10=very satisfied)



2. Prioritize needs:

1. Physical
2. Spiritual

My priorities are

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

3. Set goals for needs:

My Goal is

- Take more walks (physical)
in the forest or the beach (spiritual)

My target date is

- Jan 15th, 2022

To reach my goal I will try these 3 things

1. Buy a proper raincoat
2. Ask partner for accountability and perhaps to join me on some walks
3. Schedule in a walk during lunch time

I will know I have reached my goal when

- I have increased the frequency of walks during the week

My Goal is

My target date is

To reach my goal I will try these 3 things

- 1.
- 2.
- 3.

I will know I have reached my goal when

For assistance please email Anna Kline, Student Wellbeing Counsellor kline@allard.ubc.ca