

## Best Practices for Contentment

### QUALITIES OF HAPPY LAWYERS

“Happy lawyers:

- Choose work that aligns with their values and strengths.
- Have a positive, resourceful attitude.
- Balance working hard with maintaining quality family relationships, health, and fun.
- Take pleasure from producing results in which they feel they accomplished something or helped someone.
- Are confident in their abilities and their appearance.
- Are continually learning, and embrace intellectual challenge.
- Strive to be the best at what they do.
- Give of themselves.

Lawyers who enjoy their practice pay attention to what they need to do stay engaged in their practice. That means knowing themselves well enough to know what’s important.”

SOURCE: Irene Leonard, *A Happy Lawyer is a Professional Lawyer*, Washington State Bar News (Aut. 2008)

## Ted Talks

### [The Power of Believing That You Can Improve by Carol Dweck](#)

Carol Dweck researches “growth mindset” –the idea that we can grow our brain’s capacity to learn and to solve problems. Here, she describes two ways to think about a problem that’s slightly too hard for you to solve.

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## Wellness & Self-Care

**HOW TO DEFEAT STRESS** [Self-Compassion](#) Cut yourself some slack. Look at your mistakes and failures with some understanding. [Remember the Big Picture](#) Think of the small things as you are working towards the bigger goal. Staying at work a little longer will be working towards your career.

[Routines](#) Making decisions causes stress, even the smallest decisions can cause you stress. By making these decisions at the same time every day, you can help eliminate some of this stress.

[Do Something Interesting](#) Taking a few minutes to do something that interests you (even a lunch break) can replenish your energy. This will help you get back to work and keep your stress levels down.

[Advanced To-Do List](#) Don’t just make a to-do list; make sure you write down when and where you will complete the items.

SOURCE: Heidi Grant Halvorson, *Nine Ways Successful People Defeat Stress*, H. Bus. R. OnPoint, 10-12 (Spring 2015).

## Practice Tips

**BUILDING A NETWORK** 1. Create a list of people who can benefit from an enhanced relationship with you, including past affiliations such as alumni groups.

2. Prioritize the list and contact the people to set up a casual get-together. Not everyone will accept your outreach, so don’t take it personally.

3. Building a network is a numbers game. It’s not about the best personality or leading the popularity chart. You must continuously circulate, adding new names to your contact list. Attend conferences, become visibly active in professional and community organizations where you interact with many people, or join a committee.

Keep the commitment realistic. It is a process of building relationships. It may take years of staying in contact before you are retained. The goal is to make networking a seamless habit.

SOURCE: Roy S. Ginsburg, *Networking Effectively & Ethically*, 66 Bench & Bar, No. 8 (Sept 2009, Minn. State Bar Association).

**If you don’t design your own life plan, chances are you’ll fall into someone else’s plan. And guess what they have planned for you? Not much.**  
-- Jim Rohn