

TUES



ALIGN: Spiritual Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



**WELL-BEING
WEEK
IN LAW**

MAY 3-7, 2021

WATCH THIS:

[Practicing Spiritual Well-Being: Voices From the Legal Profession.](#) 7 mins. Fellow professionals in law share how they integrate their personal spirituality into their work lives.

READ THIS:

Jessie Cohen (2017). [Ways to Incorporate Your Spirituality at Work.](#) WeWork.com.

DO THIS:

Try an Awe Walk. Boost the meaningfulness of your everyday stroll by following the instructions in the [Awe Walk Activity Guide](#). Post about your experience using the hashtag #WellbeingWeekInLaw.



Buddhists advise us to act always as if the future of the universe depended on what you did, while laughing at yourself for thinking that whatever you do makes any difference.

- Mihaly Csikszentmihalyi, Psychologist and author of Flow

