

## Positive Psychology: Proactive Tools and Techniques for Improving Lawyer Well-being in the New year (1 credit)

### Bull's Eye Values Exercise

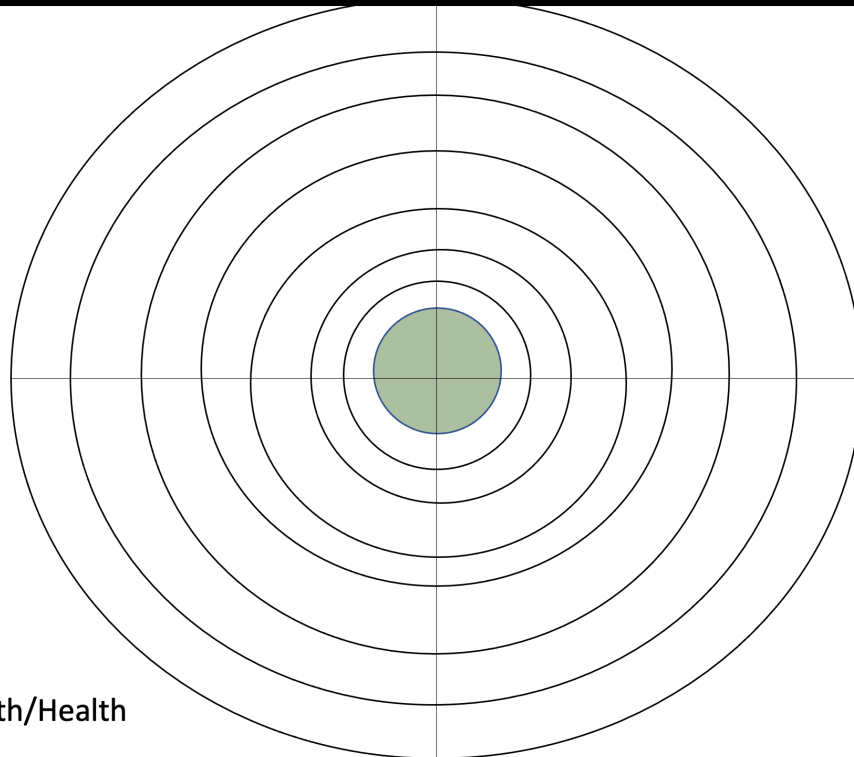
Start by describing your values within each of the four values areas (See accompanying Values List for inspiration). Think about each area in terms of what you want from your best life. What are the qualities that you would like to get out of each area and what are your expectations from these areas of your life? Your values should not be a specific goal but instead reflect a way you would like to live your life over time. For example, getting married might be a goal you have in life, but it just reflects your value of being in an affectionate, honest and loving partnership. To accompany your child to a baseball game might be a goal and to be an involved and interested parent might be the value.

1. Career
2. Relationships
3. Leisure
4. Personal growth/Health

Now, Think of your value as “bull’s eye” (the middle of the dart board). “Bull’s eye” is exactly how you want your life to be, a direct hit, where you are living your life in a way that is consistent with your value. Now, make an X on the dartboard in each area that best represents where you stand today. An X in the bull’s eye means that you are living completely in keeping with your value for that area of living. An X far from bull’s eye means that your life is way off the mark in terms of how you are living your life. Since there are four areas of valued living, you should mark four Xs on the dartboard.

Career

Leisure



Personal Growth/Health

Relationships

Now write down what stands between you and living your current life as you want to, from what you have written in your areas of value. When you think of the life you want to live and the values that you would like to put in play, what gets in the way of you living that kind of life?

1. Career
2. Relationships
3. Leisure
4. Personal growth/Health

Now estimate to what extent the obstacle (s) you just described can prevent you from living your life in a way that is in keeping with your values. Identify a value between 1 and 5, inclusively with 5 being the most difficult obstacle, for each identified obstacle.

Finally, think about actions you can take in your daily life that would tell you that you are zeroing in on the bull's eye in each important area of your life.

- These actions could be small steps toward a particular goal or they could just be actions that reflect what you want to be about as a person.
- Usually, taking a valued step includes being willing to encounter the obstacle(s) you identified earlier and to take the action anyway.
- Try to identify at least one value-based action you are willing to take in each of the four areas listed below.

1. Career

2. Relationships

3. Leisure

4. Personal growth/Health

Benefits of daily life application for lawyers

- Creates a lens through which to evaluate everyday choices
- “Does this choice support my values or not?”