

WEDS



ENGAGE & GROW: Career & Intellectual Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



**WELL-BEING
WEEK
IN LAW**

MAY 3-7, 2021

WATCH THIS:

[Flow: An Animated Book Summary](#), 5:20 mins. A short, entertaining video summarizing the best-selling book, which proposes that fostering more “flow” (a state of complete absorption in engaging activities that are optimally challenging) in our daily lives is a key to growth and happiness.

READ THIS:

Leo Babauta (2012). [Nine Steps to Achieving Flow in Your Work](#). Greater Good Magazine.

DO THIS:

Try Out Job Crafting, which is a continual activity in which we seek to create a better fit between our strengths, values, and preferences and our work. Follow the [Job Crafting Activity Guide](#) and post about your experience on social media using the hashtag #WellbeingWeekInLaw.

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“Passion for your work is a little bit of discovery, followed by a lot of development, and then a lifetime of deepening.” - Angela Duckworth, psychologist and author of Grit
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