

**The Highly Energized, Engaged & Effective Attorney: 8 Powerful Strategies  
for Increasing Your Stamina, Reducing Pressure, Feeling Happier and...  
Getting Better Results Out of Each Day at Work**

**Strategy #1:** Start Off Strong

**Action Step:** What change can you make to your morning routine to wake up feeling more refreshed?

**Strategy #2:** Plug into Your Energy Sources & Unplug from Your Energy Sinkholes

**Action Step:** What can you let go of to feel more energized?

**Strategy #3:** Switch It Up

**Action Step:** What kind of screen break can you take to bring lightness and humor into your day?

**Strategy #4:** Lawyer Like an Athlete

**Action Step:** When can you replenish yourself with some recovery time and what will you do?

**Strategy #5:** Power Up for More Stamina and a Better Mood

**Action Step:** How can you alter your workspace to make it more inspiring?

**Strategy #6:** Make Healthy Connections

**Action Step:** What can you do to nourish an important relationship?

**Strategy #7:** Immune Yourself through Altruism

**Action Step:** Who can you thank today?

**Strategy #8:** End Off Serene

**Action Step:** What change can you make to your evening routine to sleep more soundly?