

HAPPY LAWYER
HAPPY LIFE

Happy Lawyer Challenge

PLAN IT OUT!

#1 SOMETHING OLD

#2 SOMETHING NEW

#3 SOMETHING BORROWED

#4 SOMETHING YOU

#5 AND SO MY PLAN IS...

SOMETHING OLD...

MONDAY

Reflect.
2022 (or more)

What is going well?

Relationships— Family & Friends

Home

Career

Health & Wellness

Money & Wealth

Fun, Play & Creativity

Passions & Hobbies

Any Others...

What could do with some 2023 NY love?

Anything you might #MarieKondo out of your life?

If I had a magic wand I would...

I feel...

My Learnings from Day 1...

Challenge #1



TASK

5 questions

TOOL

Worksheet

TIP

Photos

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PLAN IT OUT!

#2 SOMETHING NEW

TUESDAY

SOMETHING NEW!

**DAY DREAM & DON'T DECIDE.
PUT ALL THE IDEAS DOWN!!**

It's time to dream...

Take the time today to use the themes below (and any others you want to add to your list) to help you daydream up some plans for 2023!!

Home

For example...

Buy new home

Save for new home

Paint that bedroom wall

Fix that broken letterbox!

We have included a box below for each theme for you to decide tomorrow if this idea is a good one!! (You don't decide today!! That is a tomorrow problem!)

The background of the page is decorated with several large, thick, yellow, hand-drawn scribbles that resemble loops and swirls, scattered across the white space.

Career

For example...

Tackle something I have never done before...

**Health &
Wellness**

The background of the page is white, decorated with several large, thick, yellow, hand-drawn scribbles. These scribbles are abstract and resemble stylized letters or loops, scattered across the page. One large scribble is on the left side, another is on the right side, and there are several others at the bottom of the page.

**Money &
Wealth**

**Fun, Play &
Creativity**

**Passions &
Hobbies**

Any
Others

TASK

Dream

TOOL

Worksheet


TIP

Go for a walk
Sit outside
Have a shower...
Walk around

Challenge #2



The best ideas come from
strangest places.



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#3 SOMETHING BORROWED

WEDNESDAY

SOMETHING BORROWED...

WHAT DOES A SUCCESSFUL LIFE...

Look like to me...

Feel like to me...

Sound like to me...

SO SUCCESS MEANS...

Taking that definition of success, grab your daydreams list from yesterday and now it's time to decide...

A  means it is on the list for 2023.

A **X** means it's not— maybe it will be for 2024 or maybe it just isn't part of being successful!

TASK

Define Success & Decide

TOOL

Worksheet


TIP

Non-Negotiables!!

I Don't...
I Do...

challenge #3





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#4 SOMETHING YOU

THURSDAY

SOMETHING YOU!!

IT'S TIME TO GET PLANNING...

For each of the items you have chosen to include for 2023
we now need a plan to make it happen.

So let's imagine a goal you have chosen is to save
\$20,000 towards a house deposit...

OR

Health— Be healthier
Food | Exercise | Sleep

OR

Write a book or build a website

LET'S MAKE THE TIME FOR THESE PLANS

Grab your dreams that are on your list for 2023 and write out the small steps you do each day, week, month and year to bring this plan to life!

Day

Week

Month

Year

**DREAM
#1**

Day

Week

Month

Year

**DREAM
#2**

Day

Week

Month

Year

**DREAM
#3**

Day

Week

Month

Year

**DREAM
#4**

Day

Week

Month

Year

**DREAM
#5**

BLOCK TIME

AND/OR

SMALL AMOUNT EACH WEEK

TASK

Calendar!!

TOOL


Worksheet

TIP

Micro Habits
Small Steps

challenge #4





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PLAN IT OUT!

#5 AND SO MY PLAN IS...

FRIDAY

MY PLAN FOR 2023...

WHAT IS GOING TO KEEP YOU ON TRACK?

Visual Reminder?
Word?

2023 I will...

I won't...

Plans change!! Just redo the process— that's half the fun!

TASK

Find Your Reminder

TOOL

Worksheet

TIP

Plans Change

challenge #5



HAPPY LAWYER
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AND YOU'RE DONE!

THANK YOU
WHERE TO NEXT?

the club

Come Join The Club!

If you are looking to take your law career to the next level and want to be surrounded by a group of entrepreneurial lawyers nationwide then The Club might just be for you.

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