

# Lawyer Life Inventory

Circle the letter (T = true; F = false) that most accurately describes your response to each statement.

1. I regularly use an effective time management system. T F
2. I often feel like a legal technician. T F
3. The practice of law remains interesting and intellectually challenging to me. T F
4. I have constructed and regularly monitor plans for both my personal and professional development. T F
5. I enjoy most of my work as a lawyer. T F
6. I often find myself focusing on the "trees" rather than the "forest." T F
7. I regularly worry about the number of billable hours I generate or contingent fee cases I accept. : T F
8. I am almost always proud of being a lawyer. T F
9. I often feel overwhelmed by my work. T F
10. I am genuinely attracted to and energized by conflicts and their resolutions in law. T F
11. I often put off important work tasks. T F
12. I often become frustrated or angry. T F
13. I exercise aerobically about 20 minutes at least three times per week. T F
14. My life has a clear sense of purpose and relevance. T F
15. I regularly experience bouts of depression or sadness. T F
16. I experience more colds, infections, or other physical illness than I have in the recent past. T F
17. My attitude in life is usually positive and optimistic. T F
18. I drink more than 10 alcoholic drinks per week. T F
19. I often feel agitated, physically tense, or exhausted. T F
20. I have recently been diagnosed as having heart disease, cancer, high blood pressure, or a gastrointestinal disorder. T F
21. I have developed a spiritual perspective on life and use it in my work. T F
22. I have problems falling or staying asleep two or more times per week. T F
23. I have close friends whom I see on a regular basis. T F
24. I have a rich and active family life. T F
25. I often feel personally or professionally lonely. . T F
26. I take an active part in my community's activities. T F
27. I feel anxious and uncomfortable at social affairs. T F

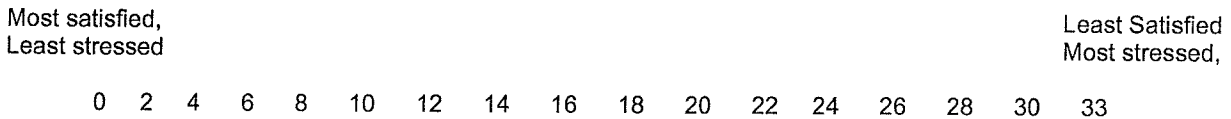
28. I spend four or more hours alone each week with my children, parent, significant other, and/or other family member. T F
29. I often feel disengaged from or in conflict with my spouse, significant other, or other person with whom I have an intimate relationship. T F
30. I am usually successful at balancing personal, work, and family needs. T F
31. I take two or more weeks of vacation per year and return feeling refreshed and satisfied. T F
32. I have an active and supportive network of personal and professional relationships. T F
33. I engage in hobbies or recreational activities at least three times per month. T F

SCORING TABLE          Score 1 point each if you circled:

I.	Professional Sphere	1F, 2T, 3F, 4F, 5F, 6T, 7T, 8F, 9T, 10F, 11T	Total _____
II.	Personal Sphere	12T, 13F, 14F, 15T, 16T, 17F, 18T, 19T, 20T, 21F, 22T	Total _____
III.	Relationships Sphere	23F, 24F, 25T, 26F, 27T, 28F, 29T, 30F, 31F, 32F, 33F	Total _____
IV.	Total Score (I, II & III)		Total _____

### Overall Life Satisfaction

Add the totals from each sphere and place an X at the corresponding point below.



## One Day At A Time

There are two days in every week about which we should not worry; two days which should be kept free from fear and apprehension.

One of these days is Yesterday, with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back Yesterday. We cannot undo a single act we performed; we cannot erase a single word ... Yesterday is Gone!

The other day we should not worry about is Tomorrow with its possible burdens, its large promise and poor performance. Tomorrow is also beyond our immediate control; Tomorrow's sun will rise, either in splendor or behind a mask of clouds ... but it will rise. Until it does, we have no stake in Tomorrow, for it is yet unborn.

This leaves only one day ... Today! Any man can fight the battle of just one day. It is only when you and I have the burdens of those two awful eternities, Yesterday and Tomorrow, that we break down.

It is not the experiences of Today that drives men mad ... It is the remorse or bitterness for something which happened Yesterday and the dread of what Tomorrow may bring.

Let us, therefore, live but one day at a time.