A continuous process in which lawyers strive for thriving in each dimension of their lives:

- **Cultivating personal satisfaction, growth, and enrichment in work. Financial stability.**
- **Engaging in continuous learning and the pursuit of creative or intellectually challenging activities that foster ongoing development. Monitoring cognitive well-being.**
- **Developing a sense of meaningfulness and purpose in all aspects of life.**
- **Recognizing the importance of emotions. Developing the ability to identify and manage our own emotions to support mental health, achieve goals, and inform decision-making. Seeking help for mental health when needed.**
- **Developing a sense of connection, belonging, and a well-developed support network while also contributing to our groups and communities.**
- **Striving for regular physical activity, proper diet and nutrition, sufficient sleep, and rejuvenation. Minimizing the use of addictive substances. Seeking help for physical health when needed.**