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

**Emotional**
- 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.

**Occupational**
- Cultivating personal satisfaction, growth, and enrichment in work. Financial stability.

**Intellectual**
- Engaging in continuous learning and the pursuit of creative or intellectually challenging activities that foster ongoing development. Monitoring cognitive well-being.

**Social**
- Developing a sense of connection, belonging, and a well-developed support network while also contributing to our groups and communities.

**Physical**
- 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.

**Spiritual**
- Developing a sense of meaningfulness and purpose in all aspects of life.