



# On Creating a Mindful Law Firm

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## Step 1: Notice your firm's thinking...

How does your firm talk to itself inside it's head?

Is it supportive or competitive?

Is it critical or understanding?

Is it negative or creative?

What would you like your firm's self-talk to be? Write that script.

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**Step 2: Move beyond your office walls, think globally.**

What is your firm's first impression? What would you like it to be?

What affirmation could you design for your firm? When could you use it?

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### **Step 3: How are you managing your Firm? Make distinctions.**

What are the differences between words and what is the experience of their meaning for us in thought, word and deed? Making distinctions help us to embody meaning and become more aware of ourselves and our choices. Defining your thoughts, words and deeds help to drive your office with an underlying common ground of compassion. Follow the way of empathy always.

#### **Suggested words/experiences to distinguish:**

Listen

Watch

Intention

Impact

Judge

Appreciate

Being Critical

Being Creative

Finesse

Force

Open-minded

Close-minded

Support

Competition

Actions

Reactions

Feelings

Behaviors

Encourage

Repress

Clutter

Clarify