

TUES



ALIGN: Spiritual Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



**WELL-BEING
WEEK
IN LAW**

MAY 2-6, 2022

WATCH THIS:

[Nature. Beauty. Gratitude](#), TED talk, 9:30 mins. Time-lapse photography of awe-inspiring nature scenes with powerful words from a Benedictine monk as a meditation on being grateful for every day.

READ THIS:

[21 Spiritual Goals to Grow in 2022](#) by Connie Mathers. Setting spiritual goals helps us connect to our spiritual side and gain clarity on the purpose of your life.

DO THIS:

Cultivate Your Sense of Purpose. Take a free [Purpose in Life Quiz](#) and receive automatic feedback and recommendations for purpose-building activities, courtesy of the non-profit *Greater Good Magazine*.



The meaning of life is to find your gift. The purpose of life is to give it away - Pablo Picasso

