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		Exercise: Identify Your Time BogsList Your Time-Wasting Activities; List Triggering Situations; Take Positive Action; Exercise: Use Issue Spotting to Move Forward, Not Stay Stuck; Scenario; Tasks; The Big Picture; Working and Living More Effectively; Chapter 3: Who You Are Now: Identifying Your Values; When Do You Like Being You?; Your Peak Experiences; Exercise: Your Peak Experiences; Generate Recollections; Detail Your Peak Experiences; Derive Values; Exercise: Interest Questionnaire; The Evolution of Values over Time; Debrief; Evaluating Your Shoulds; Exercise: List Your Shoulds
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Sommario/riassunto	Brilliantly written, consistently practical, and filled with scores of illuminating exercises, including many new ones, this is the book the profession has been waiting for. You become the creative lawyer when you take stewardship of your own life and career. This means analyzing your desires, interests, temperament and ambitions. It means designing goals related to things you're sure about and designing experiments about things you're not. It means mastering the present while anticipating the future.