

The **enchanting**Lawyer  Action Guide



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Action Guide

Sean Stephenson

1. Take care of your body

Sean talks about how we're not immortal and the human body is something that we need to treasure and look after. Without having a healthy body it's more difficult to face the mental challenges which are thrown at us every day.

How Does It Apply?

Have a think about how you are looking after your body. Are you regularly exercising and eating well? Write down below the things which you can do to improve your health.

2. Find out what Inspires you

Sean explains how to be truly happy in life, we need to find out what inspires us and then figure out a way of making money from it. It is not necessarily the same thing throughout your life. Sean's inspiration at the moment is through public speaking and helping others to get their message across in a concise and entertaining way, whilst being able to earn a living.

How Does It Apply?

Write down what inspires you. Now have a think about how you can make money from this and write down your ideas below.

3. Give Back

Sean describes how it's important to give back to the world. Not only does this help other people it is also great for your mental health and quality of life.

How Does It Apply?

Write down below what you think that your personal skills are. Remember that this also includes your energy and willingness. Now think about a cause that is important to you. Is there are way that you can get involved with helping this cause?