



LAWYERS HIT YOUR JACKPOT!

**A Quick Easy Guide for More Money,
Success, Romance & Happiness**

This is an excerpt from the soon-to-be released book:

Real Lawyers Make Time To Seize their Jackpot

10 Easy Steps to Achieve Health, Wealth, Romance & Success

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Excerpt

Three Litigation Skills to Leave at the Office

5 EASY STEPS TO ENJOY PEACE AT HOME

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Romance & Success

Mark was an excellent litigator. He enjoyed heated discussions at the office and at home. As if wearing giant boxing gloves, Mark sparred and put others on the defensive. Boxing with words was a sport that he loved.

He shot his powerful words out as if from a well-oiled machinegun circling the opposition, then crushing their defenses.

Mark's skill was a blessing to his firm. On the other hand, as with many good litigators, this know-how became a curse to his family relationships.

The skills that Mark developed to engage in battles on behalf of his clients became a liability at home with his wife, his daughter and especially his son. It even spilled over into his friendships.

"I can't stop myself. I open my mouth, and I just have to win the discussion or disagreement. I worked hard to

develop my abilities as a litigator. What can I say? It's just how my mind works."

But by continuing to use his hard-won abilities, Mark continued to ruin the harmony, trust, and happiness within the family.

Mark and I sat down and honed in on three litigation skills that caused problems at home:

No. 1: Problem Solving

No. 2: Cross Examination

No. 3: The Desire to Win

No. 1: Problem Solving

Mark described how it worked at the office but did not work at home.

"There is nothing like litigating and winning a good case. I certainly don't spend most of my time in the courtroom,

but my success has earned me respect at the firm and with my colleagues. I always look at all angles of any situation. I see problems most folks will miss. Everyone knows a good litigator can fight on either side of the case."

By not leaving his problem-solving skills behind, Mark found himself involved in family conflicts. As soon as he walked in the door, his wife gave him a laundry list of misconduct by the children. Mark would spring into action without having the entire story or, even worse he took sides.

After we had begun to work together, Mark learned how to patiently teach his family that once he arrived home, time alone was a necessity. His family slowly understood that he needed time to decompress.

Mark stopped being the family problem solver while encouraging productive family discussions. In the long run, he built stronger and more peaceful family relationships.

No. 2: Cross Examination

At the firm, cross-examination is a way of life, even when having internal team discussions. Mark found himself reflexively jumping into a cross-examination mode at home, too. But rapid-fire questioning to determine who was right or wrong did not build family trust.

Mark noticed that he was always picking on his son, Eric, about chores not completed. Then his wife tried to calm Mark down to protect Eric. Before everyone knew it, these discussions escalated into shouting matches.

Mark and I found a way for him to leave the faultfinding and cross-examination at the office.

"When I arrived at home from the office, I ran right upstairs to decompress. I lightened up and felt relaxed and ready to spend time with my family.

To the relief of everyone, I would even meditate, which I never thought I would do. Ten minutes just before my shower allowed the adrenalin rush that had coursed through my veins all day to evaporate.

Everything changed in my family. For the first time, we could relax and enjoy each other's company."

No. 3: The Desire to Win

Like any attorney, Mark, who rarely lost a case, always felt devastated when he lost. "I hate to lose. It crushes me. I am trained to win, and I put forth every effort to get the verdict that I need."

Mark's desire to win strained communications at home. We broke it down to his ambition, narcissism, skepticism, defensiveness, perfectionism and the need to be in control, which didn't help him interact peacefully with the family.

He realized that the same traits that made him successful as a litigator derailed any chance of a satisfying and happy family life.

Mark's Assignment: Mark took an hour over lunch and wrote down a list of everyone that he was angry with and why his anger was justified. We assessed the damage that his anger and resentment had played with his physical and mental health.

Next, Mark and I discussed five scenarios:

- In an ideal world, how would he like to experience quality time with his family?
- List three to five ways the desire to win had adversely affected his time with the family?
- How had his combative style, rancor, and adversarial tone harmed or destroyed peace within the family?

- How did the unhappiness within the family affect Mark's mental, physical and emotional well-being?
- In what ways did this unhappiness hinder productivity in his law practice?

What about you?

Take an hour during your break or lunch to write down a list of everyone you are angry with in your life and why your anger is justified. What does it cost you?

Then can you answer these questions?

- In an ideal world, how would you like to experience quality time with your family?
- What are three to five ways the desire to win has adversely affected time with your family, friends, and relationships?

- How has any adversarial tone harmed or destroyed peace within your household?
- How does any unhappiness within your family affect your mental, physical and emotional well-being?
- In what way does this adversity hinder the productivity in your law practice?

It Is Possible To Be A Happy Lawyer

We all know that a happy lawyer is a more successful and balanced lawyer. Attorneys with peace of mind make more money. An emotionally satisfied lawyer enjoys more affection and experiences increased passion at home. Love and romance with our husband or wife relieves stress!

But we also know that being distracted by disharmony at home can become almost lethal, leading to destructive and self-defeating habits.

With time and practice, Mark eventually took off his verbal boxing gloves. He abandoned his positional stance of winning at all costs. His family was able to enjoy laughter, and even he joined in when he was teased. This laughter at home led to harmony with his children.

The intimacy with his wife improved. They began to fall in love again with each other. They rekindled the intimacy that they had lost decades ago.

Not only did Mark's home life improve, but the harmony at home allowed Mark to experience renewal at work, too. Suddenly, Mark found fresh new enthusiasm and even joy in his law practice.

For more information or schedule a 20 minute
evaluation:

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