

**Mind Full or Mindful?
10 Tips to Find Greater Success from Within**

When was the last time you stopped; stopped to listen to your breathing and reflected on your life? Most lawyers, like other busy professionals, don't take the time to pause. We tend to be over achievers who don't pay attention to the signs of stress, sleep loss, fatigue, anxiety, depression, weight gain or loss, and other signs that that something is wrong.

Mindfulness is a tool that helps us connect to our bodies, thoughts, emotions and helps us be better listeners, pay closer attention to the present and improves our decision making. Mindfulness trains us to focus on the moment, which happens to be the only place we can actually make a difference.

What you need is real tools for happiness and success; tools that improve your work life, your trial game, your relationship with those around you, and most importantly, your relationship with yourself. Inspiring leadership begins here. In this one hour journey, Patrick Palace will share his life lessons and tools to help you find the better life that you may not realize your missing.