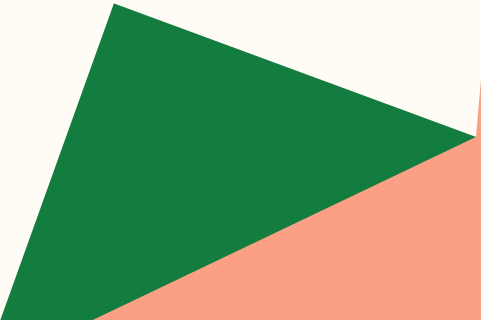


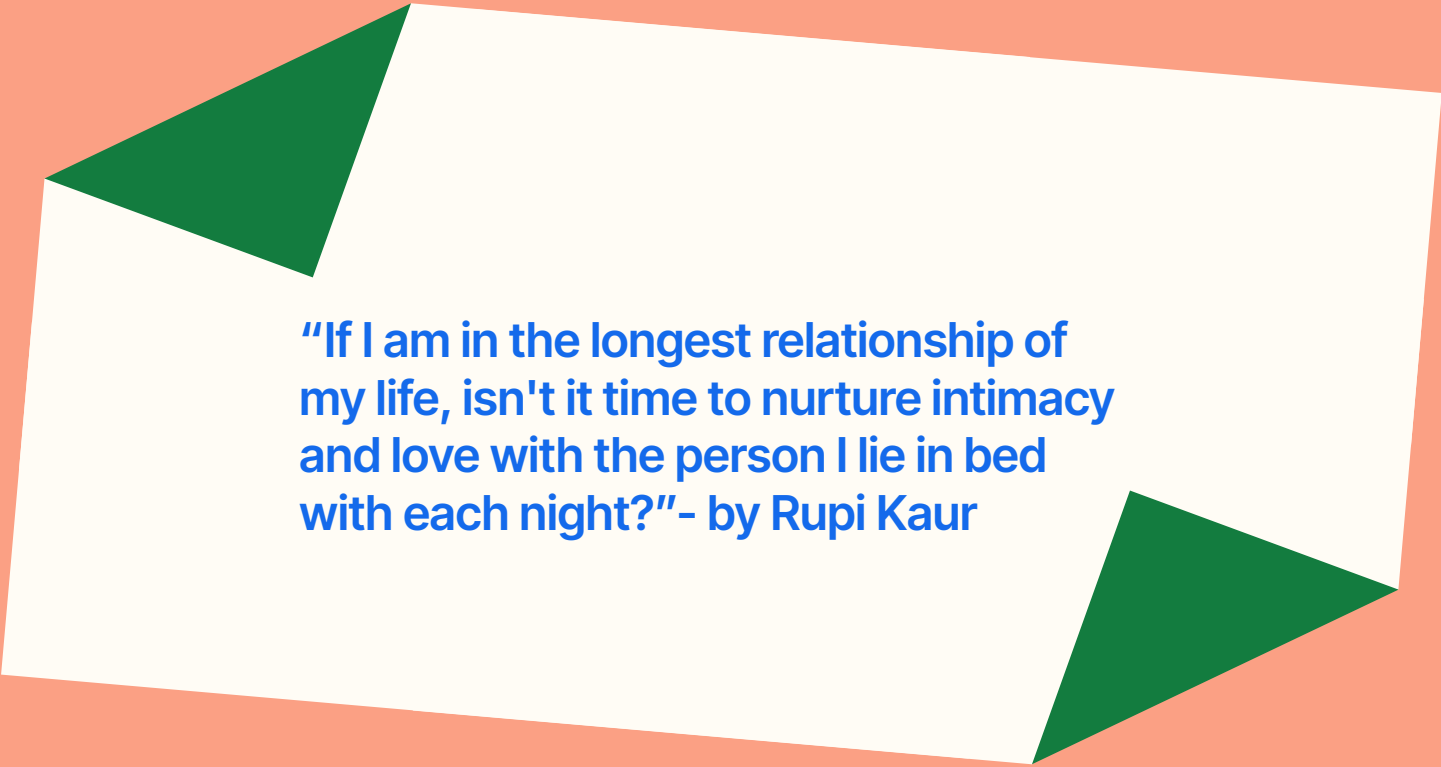


AALS Section on Balance & Well-Being in Legal Education Summer Speed Share Series

Sue Schechter, UC Berkeley
School of Law, Field
Placement Director -
WAKEUPGO

July 8, 2025
Cultivating Joy





**"If I am in the longest relationship of
my life, isn't it time to nurture intimacy
and love with the person I lie in bed
with each night?" - by Rupī Kaur**

Finding Joy From the Start: WAKEUPGO

W Water

A Affirmation

K Knowledge

E Exercise

U Unwind

P Positive Affirmation

G Gratitude

O One Goal



<https://www.thelyonssshare.org/2023/02/21/wakeupgo-a-morning-routine-checklist-that-will-change-your-life/>

Sue's WAKEUPGO:

W- Water, drink a large (really) glass of water

A - Affirmation - print out a list and work your way through it (more than once)

K - Knowledge - read a paragraph, quotes, phrases, Stoicism(?)

E - Exercise - one minute on many body parts

1. Sun salutations and stretching
2. Balancing - one foot, the other
3. Downward dog and/or plank
4. Sit ups and stomach exercise
5. Cat and cow and shoulder exercises
6. Neck exercises
7. Leg exercises
8. Stretching long and high
9. Door shoulder
10. Other....

U - Unwind meditation, counting on fingers

P - Positive Intention - read from "how to..." Thich Nhat Hahn book

G - Gratitude - big/small, read from a daily book of gratitudes

O - One goal - big, small, just a goal....then you are ready for the day!

3 Ways to Cultivate Joy

<https://www.nytimes.com/2025/05/09/well/well-festival-joy.html>

Questions?

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