

[For Long Term Success: 10 Lifestyle Changes You Should Consider Making](#)

By [Cordell Parvin](#) on January, 28th, 2013

It is almost February. Did you make any New Years resolutions? Are you sticking to it?

A lawyer I coached several years ago made a point at the beginning of our second coaching session. He said:

Cordell, I get it. You are not trying to get us to go on a crash diet of activities. You are trying to get us to make lifestyle changes.

He was exactly right. If you are a regular reader, I am not trying to get you to just make a flurry of activities to be more successful. Instead, I hope through my blog to help you make lifestyle changes. I meet many lawyers who are striving to be successful and to enjoy their careers. For 2013, I have 10 lifestyle changes for you to consider.



1. Take responsibility for your career and life.
2. Determine the priorities in your life and plan each week around those priorities (e.g. family, health, spiritual, work).
3. Exercise for at least 30 minutes 3-5 days a week.

4. Eat dinner at home with your family at least __ nights a week.
5. Get up from your computer once an hour and, if nothing else, just walk down the hall and back.
6. Take time during the lunch hour to get outside. Do not eat at your computer.
7. Focus on things you can control rather than worrying about things you cannot control.
8. Be a “glass half full” person rather than a “glass half empty” person.
9. Begin building your career based on your major definite purpose (the intersection of your talent, passion and client needs).
10. Turn off your smartphone when you are in meetings, listening to presentations or when you are doing things with your family.

To better understand the lifestyle changes outlined above read these three books and after each chapter write down how you will apply what you read:

- [The Power of Full Engagement](#) by Jim Loehr and Tony Schwartz – this book will teach you to manage your energy.
- [First Things First](#) by Stephen Covey, A. Roger Merrill, and Rebecca R. Merrill – this book will teach you to manage time based on your priorities.
- [Getting Things Done](#) by David Allen – this book will help you reduce stress by getting better organized.

Cordell Parvin Blog

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Cordell M. Parvin built a national construction practice during his 35 years practicing law. At Jenkins & Gilchrist, Mr. Parvin was the Construction Law Practice Group Leader and was also responsible for the firm's attorney development practice. While there he taught client development and created a coaching program for junior partners. In 2005, Mr. Parvin left the firm and started Cordell Parvin LLC. He now works with lawyers and law firms on career development and planning and client development. He is the co-author of ***Say Ciao to Chow Mein: Conquering Career Burnout*** and other books for lawyers. To learn more visit his Web site, www.cordellparvin.com or contact him at cparvin@cordellparvin.com.