Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mindfulness in Law: Fall 2024

First Class Assignment

(1-2 Pages: Short Answers)

1. Steve Keeva writes that “the cultivation of a deeper and more vibrant inner life can promise a great deal.” (see p. ix, Preface). What might that translate to in your life?
2. In what ways might you relate to the quoted passage of Professor Riskin’s that begins just below Keeva’s?
3. Which of the seven fictional law students do you most closely identify with? What might you add to the description so that it better fits you?
4. The book’s first four chapters are titled: Leadership, Attention, Relaxation and Awareness. For each topic write a few sentences addressing how you relate to it, personally and/or professionally. (Note: the chapter on Leadership is really a chapter on Self-Leadership).

**Leadership**

**Attention**

**Relaxation**

**Awareness**

1. If the class were to help you to bring about an important change in your life, what would you want that change to be?
2. Where is your *Present-Moment Pivot (PMP) Point*?
3. What are you thinking in terms of the *Time* and *Place* you will practice?
4. Is there anything you would like me to know as we begin our mindfulness journey?