Legal skills faculty can help law students learn a few simple practices from the field of Positive Psychology to enhance their performance during law school. Positive Psychology is a field of inquiry that examines wellbeing in order to help people flourish.\(^1\) Seligman’s wellbeing theory has five elements which can be remembered using the acronym PERMA: Positive Emotions, Engagement, Positive Relationships, Meaning, and Accomplishment.\(^2\) Research has shown that increases in wellbeing can enhance performance and these practices can be taught to law students (and practiced by law professors).

1. **Savoring:** To enhance engagement and flow prior to work on a research log, memo, or brief. Prior to working on a challenging project, recall life’s pleasures, wonders, and awe-inspiring moments. Jot down a few examples of things that astonish you and fill you with a sense of wonder.\(^3\)

2. **Happiest Day:** To prime your brain for success on a demanding performance, such as an exam or oral argument. Right before you start an exam or begin a challenging performance, think about the happiest day of your life.\(^4\)

3. **What Went Well:** To cultivate the headspace to productively process feedback. Feedback is one way to learn how to improve your performance as a law student and a lawyer. To augment your performance by incorporating feedback, develop a habit of mind that focuses on what went well. This practice will also help you process what you can do to improve your weaknesses. Each night, journal about three things that went well and why they went well.\(^5\)

4. **Meaning-Making:** To connect all tasks to your career objectives and find meaning in the mundane. Write down a mandatory task that must be done, but that you dislike and/or avoid. Draw an arrow to the right and describe the purpose of the task and what it accomplishes. If that seems unimportant, detail what the result leads to. Continue listing the purposes and results until you find meaning behind the mundane and can see how all your work is linked to your objectives.\(^6\)

5. **Gratitude:** To prime your brain for optimism, rather than the evolutionarily-influenced catastrophizing the brain automatically leans toward to ensure survival. Each night, either journal or simply reflect on, three things you are proud of and three things you are grateful for.\(^7\)

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\(^2\) Id. at 16-20.

\(^3\) Id. at 42; Dan Wilcox, *Grafting a Positive Psychology Perspective on Your School Counseling Practice*, Counselors CAN! Conference handout 10 (2016) online at [https://coe.k-state.edu/events/school-counsel-camp/docs/2016-22-Positive-Psychology.pdf](https://coe.k-state.edu/events/school-counsel-camp/docs/2016-22-Positive-Psychology.pdf).


\(^5\) Seligman, *supra* note 1, at 33-34.

\(^6\) Achor, *supra* note 4, at 80.

\(^7\) Seligman, *supra* note 1, at 33-34.