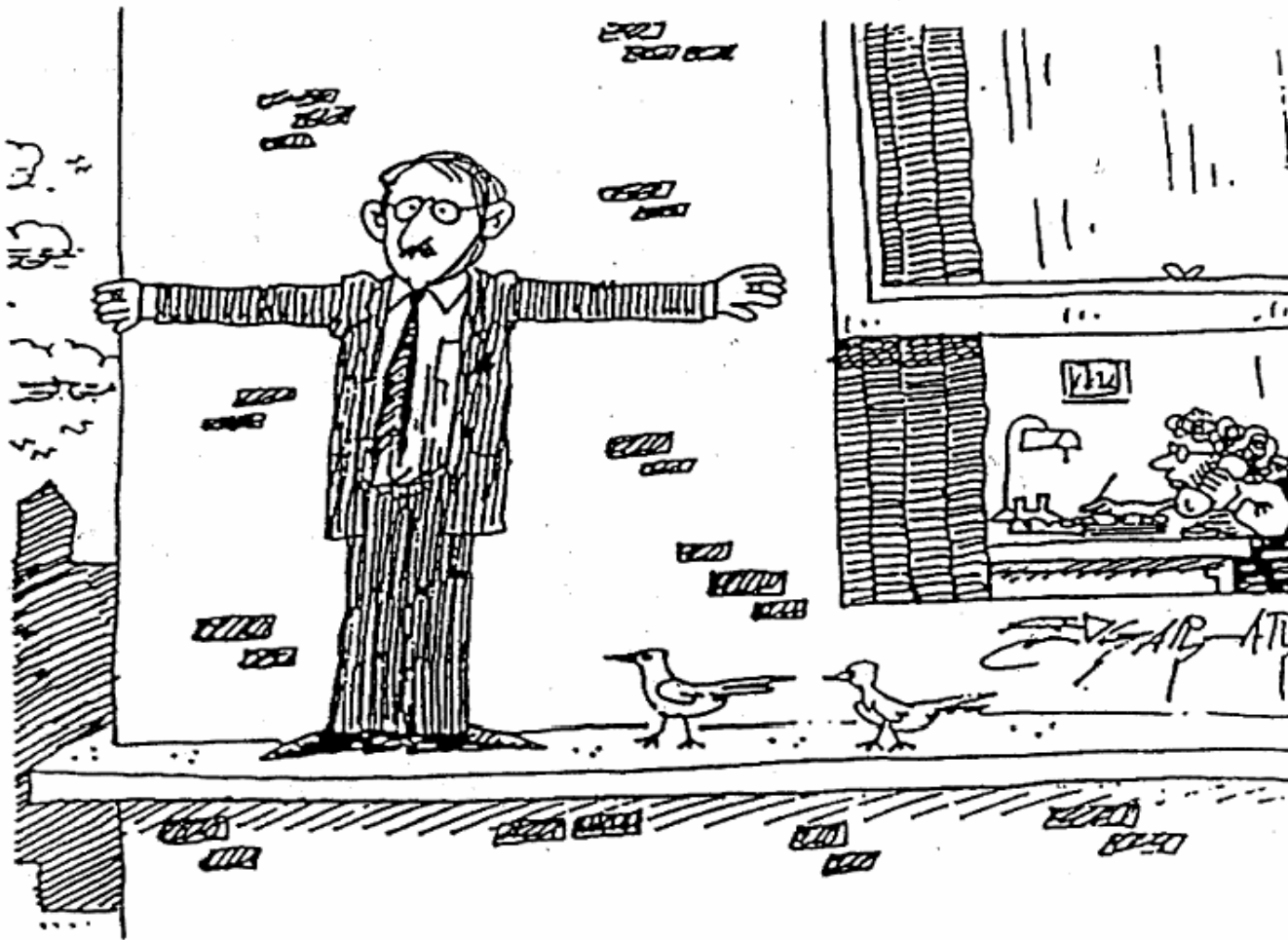


# “Practice Management through Self-Management”

Jim Brady, LCSW

Director

Missouri Lawyers' Assistance Program



*"Is There Any Chance This Can Wait Until Tommorrow?  
I'm Afraid Mr. Fleetwood Has Had About All He  
Can Take For One Day."*

# The Legal Life

## Expectations

“defend liberty”

“pursue justice”

— wealth

— prestige

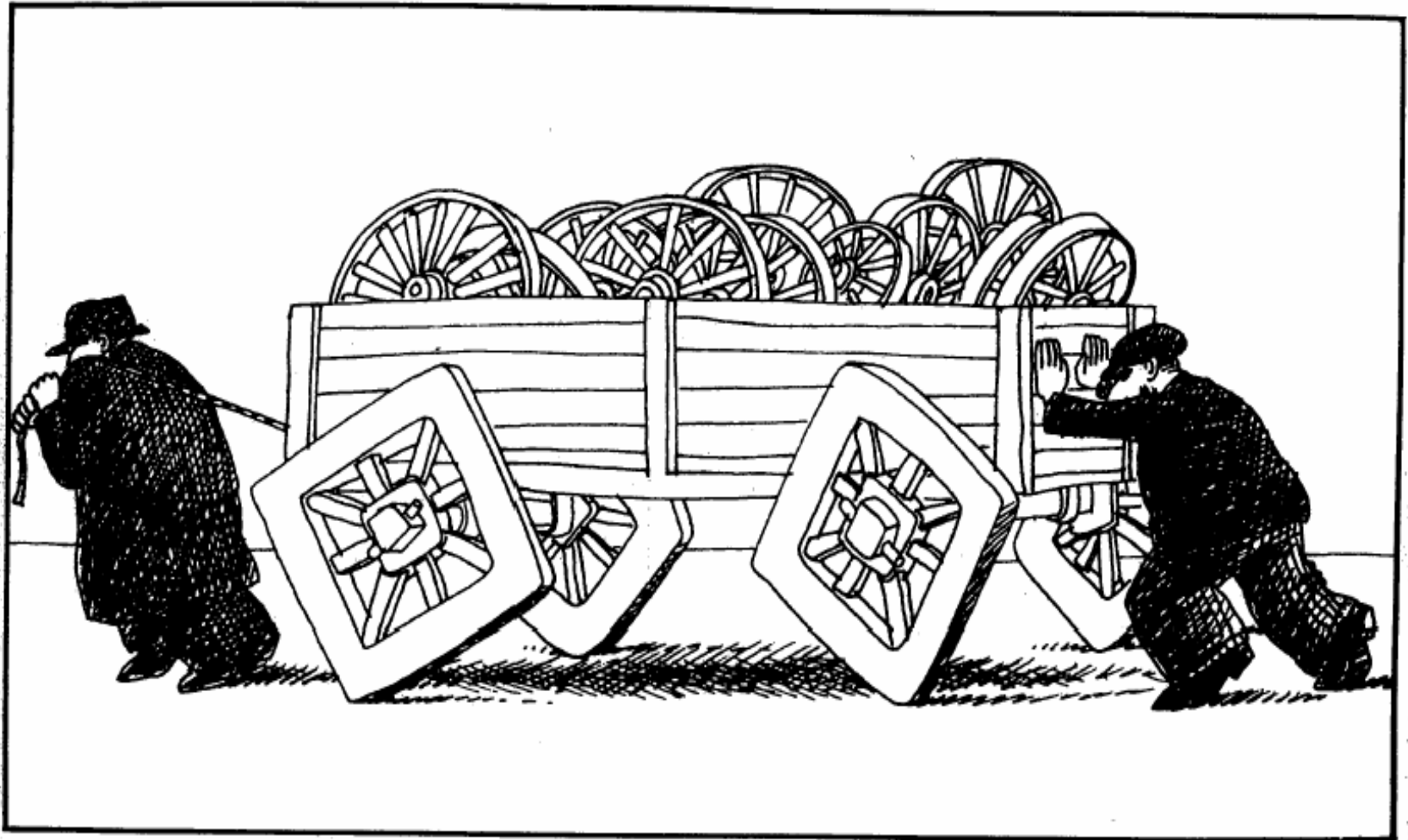
— intellectual  
challenge

## Actual

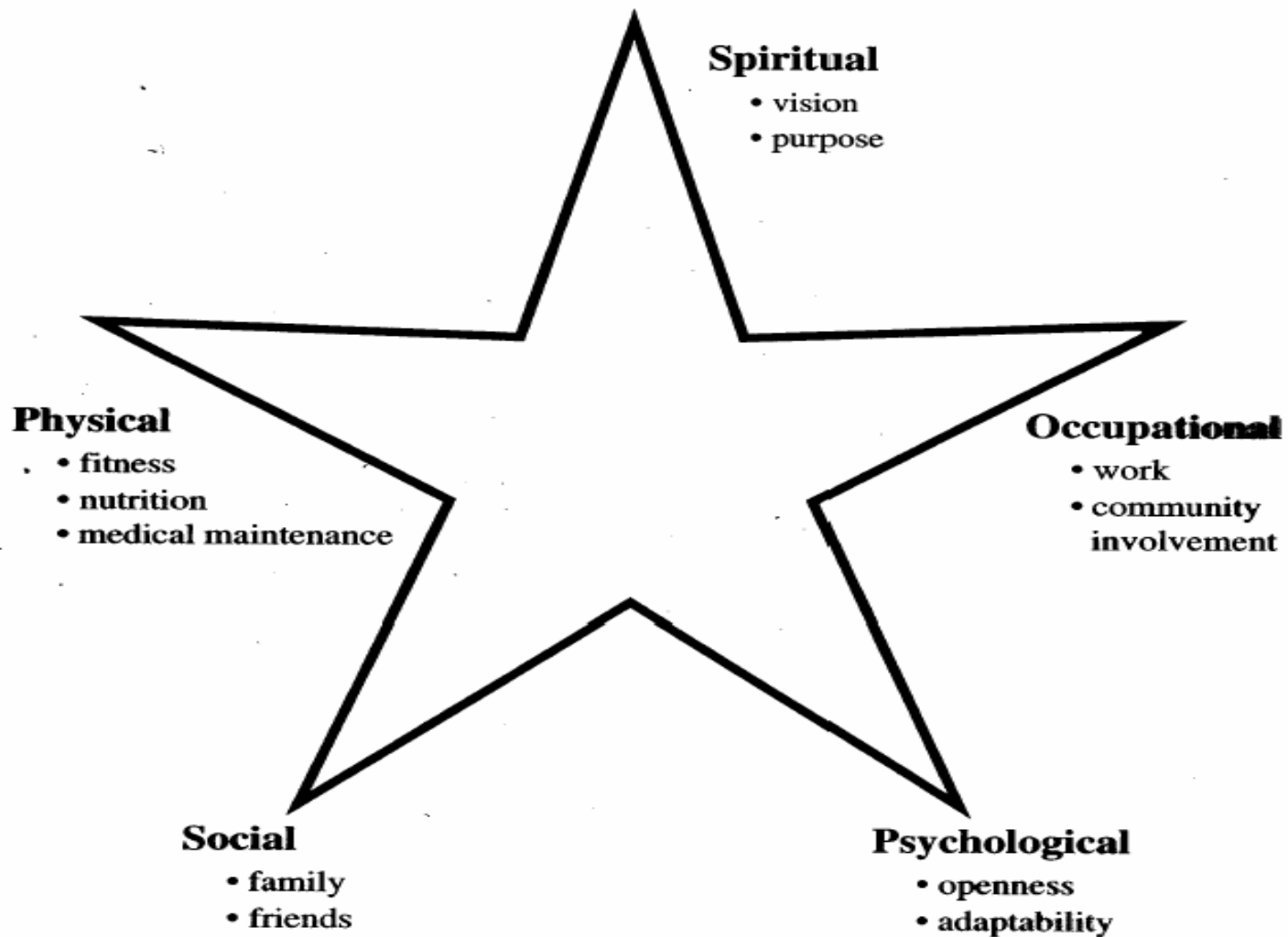
nasty people

same old same old

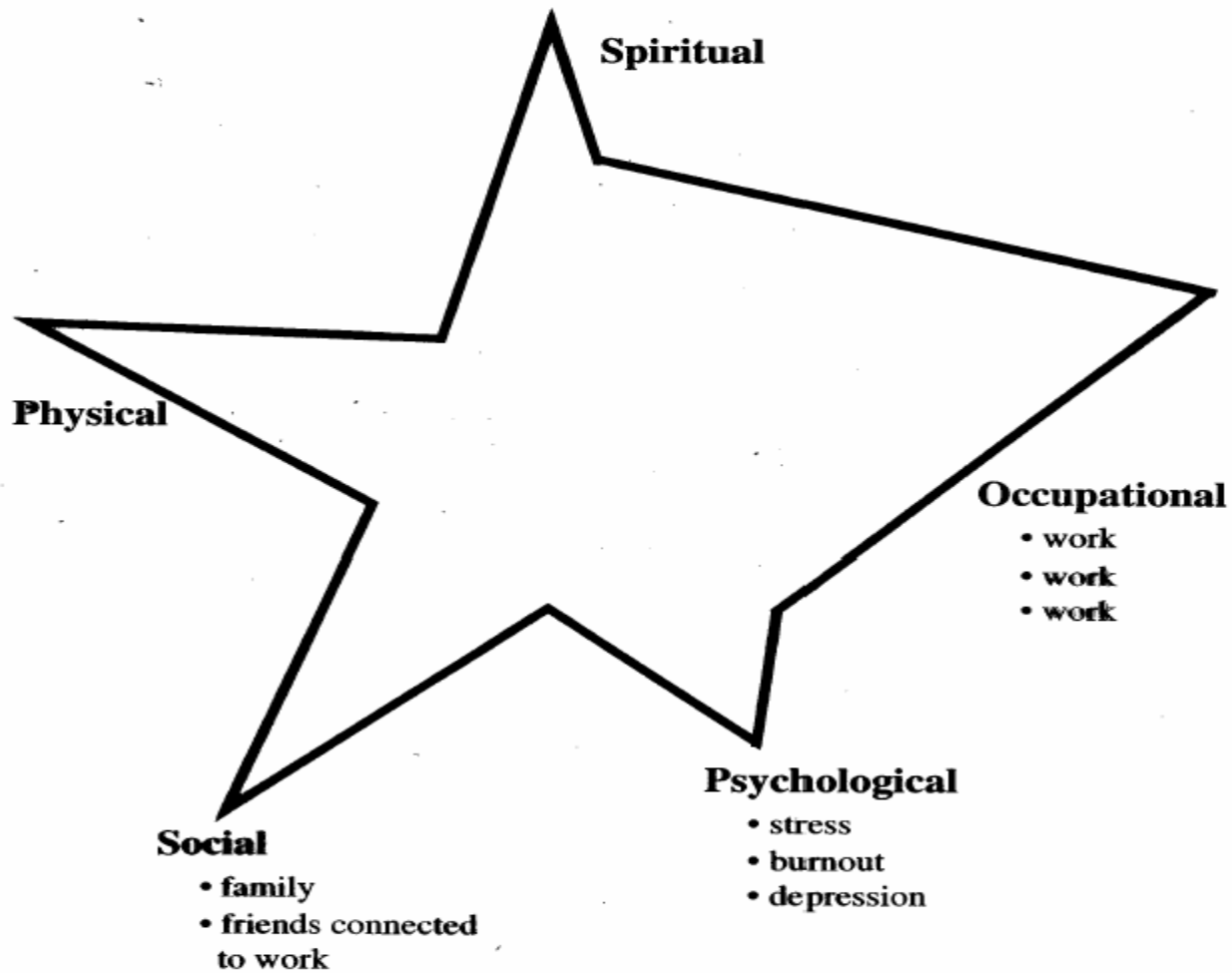
unremitting obstacles



# Healthy Life Star



# Stereotypical Lawyer Life Star



Jim Brady, LCSW  
MOLAP 4/05



Jefferson City News Tribune, April 23, 2005



*"It's come to my attention that you have a life outside the office."*



# Lawyer Traits

“Too much of a good thing?”

Principle ----- Rigid  
Persistent ----- Stubborn  
Knowledgeable ----- Condescending  
Eloquent ----- Haranguing  
Ambitious ----- Greedy  
Vigorous ----- Combative  
Confident ----- Arrogant  
Organized ----- Compulsive  
Determined ----- Belligerent