



Lee Burgess: Welcome back to the Law School Toolbox podcast. Today, we are talking about creating new habits, time management, and how to set yourself up for the new year. Your Law School Toolbox hosts are Alison Monahan and Lee Burgess, that's me. We're here to demystify the law school and early legal career experience, so you'll be the best law student and lawyer you can be. We're the co-creators of the [Law School Toolbox](#), the [Bar Exam Toolbox](#), and the career-related website [CareerDicta](#). Alison also runs [The Girl's Guide to Law School](#). If you enjoy the show, please leave a review or rating on your favorite listening app. And if you have any questions, don't hesitate to reach out to us. You can reach us via the [contact form](#) on LawSchoolToolBox.com, and we'd love to hear from you. And with that, let's get started.

This is Lee from the Law School Toolbox. It's a new year, which means that lots of people are setting goals for 2024. Some people focus on resolutions, which tend to fail miserably, really. I think we have all the data for that. Others focus on smaller, more manageable goals. And today we want to talk about habits, time management, and how to set yourself up for the new year. So, Alison, do you have goals for the new year?

Alison Monahan: Well, I have to admit, I'm not really a resolutions type of person. I have done things like the vision board, I've also selected a word for the year. I'm not sure I'm really in 2024 yet, so I haven't done any of that, to be honest.

Lee Burgess: Well, we're only four days in when we're recording this, so...

Alison Monahan: Right, exactly. I feel like you get at least a week of kind of being like, "Wait, what year is it? Is it a holiday still? What am I doing? What day is it?" Literally, I don't know. So yeah, I don't know. How about you?

Lee Burgess: Well, I do love a good reflection point and a good planning for the future, so I have been thinking about my last year and my new year. I don't do resolutions; I do do small goal setting, like obtainable goals. So last year, one of my goals was, read more books. Very easy. I just needed to read more, and the number before had been pretty low, so I really jumped up on that one, yeah. So this year, my goals are to study some French every day, because I am trying to learn French and I have been really struggling with this goal. So instead of trying to say 10 minutes, 15 minutes, 30 minutes, an hour, I'm just saying some – any, 5 minutes, Duolingo, I don't know, just something. I feel like that's an attainable goal. My other goal, work related, is to block out more time for deep work, especially in the mornings. I've been doing reading about our most productive times during the day, and since I'm not a nightowl like you are, I think I am the



most productive that first block of the morning. So trying to utilize that more. Trying to spend less time on my phone. And just to be more efficient with my to-do list and email, and really work on the "touch something once" plan, which I think we've talked about in other podcasts, because I definitely open an email like five times sometimes that doesn't need to be opened. I need to do just really focus in on that. So I feel like those aren't really resolutions; those are just kind of intentions for the new year and they all feel very attainable here, four days in.

Alison Monahan: Four days in, you're like, "I am only going to spend barely any time on my phone, unless I'm studying French." And...

Lee Burgess: Okay, they're not that extreme though. Less time. Really, it just has to be less time. It doesn't have to be substantial time.

Alison Monahan: Right, and that's fair. And I think attainable is always better than unattainable. You're not saying you're never going to look at anything on your phone, because let's be honest, that's probably not realistic.

Lee Burgess: No, absolutely. And you and I both spend a lot of time thinking about time management, optimizing good habits, and working smart. That's a huge part of our business and how we run our business and our personal lives. But today I wanted to talk through some of our favorite ideas that we've learned on this topic. And over the break, I was reading an interesting case study that you and I haven't actually gotten to talk about in-person, so we can talk about it on the podcast – about a reality TV star named Ryan Serhant, who is a real estate broker and was on, or maybe he still is, on the Million Dollar Listing New York show. And I'll admit I do watch some reality TV, and I do watch that show because I love real estate. And he has become hugely successful. He started his own brokerage around COVID and it has really launched. And I was kind of surprised to read a Harvard MBA case study on him, about his time management and how he was able to build this new brokerage really quickly. So there were some interesting nuggets in there that I thought I would share and get your thoughts on. One of the main things they talked about in the case study was his time management. So, Ryan talked about looking at the day as having a certain number of minutes. I had never done this calculation – there are 1,440 minutes in a day. And then of course you have to sleep, right? I like the idea that I sleep eight hours – even though I don't, but I like the idea. So that's 480 minutes. And so, you have about 960 minutes left in the day outside of sleeping. And so, what he did is he started thinking about how he would spend that time. He calls this the "thousand minute rule", because he does not



sleep eight hours. And the premise is that we all have the same number of minutes – as everyone else in the world – and we can use them how we choose. It's like a budget. And he really focuses on time as a scarce resource, and super precious, and that you can't earn any more of it. It's not like money; you can't earn more. You just have this time – you use it or you lose it. And this theme about time and the precious nature of minutes, is very interesting to me, because it made me think of Eve Rodsky, who [we've talked to on the podcast](#), who I'm definitely intellectually obsessed with. And she talks about time, especially women's time being treated like sand, like it's infinite, when it should be treated like diamonds, which are a precious resource. Glennon Doyle on her [podcast](#) always talks about what do you want to do with your one wild and precious life, which I think is an idea she stole from somebody else, but that's where I have heard it.

Alison Monahan: Mary Oliver. I think it's Mary Oliver, yeah.

Lee Burgess: Okay. But I think that it is really interesting that there is this idea that if you really look at your time and look at where you're spending it, you might start to reframe it a little bit. And now that we're getting a tiny bit older in our lives, just a smidge, I think this becomes much more true as you kind of see what's happening around you. So, this idea that time is precious and that you can make better decisions about what to say "Yes" or "No" to, when you think of it that way. I don't know, what do you think about all of that?

Alison Monahan: Oh, I absolutely agree. I often say time is really the only thing that we have. Money – you can get more money, but like you said, you can't get more time. Once it's gone, it's gone. So, I do think that being deliberate about just what you're focusing on, what you're spending time on, even who you're spending that time with, is super critical. If you're in school, I think you have a lot of competing demands, but you also are sort of laying the groundwork for what you're going to do later in your life and later in your career. And I think this is a great time to really start thinking through, "What do I want to be spending my time on?"

Lee Burgess: And we love data, and one of the things that was mentioned in this case study was that in making decisions about his time, Ryan Serhant tracked all of his minutes. And he was doing it attorney style, by the minute.

Alison Monahan: Six-minute increments.



Lee Burgess: Six-minute or less, probably. But he said it was a real window for him into what was important. And this is a technique and an idea that we have recommended to law students who often come to us and say, "I have no time." Because I think we can all, including myself... And I think last year that was one of the things that I was struggling with, was I got sloppy with how I was spending some of my time and was not being super intentional about it. And I think that it can really affect not only how productive you are, but how in control of your existence you feel.

Alison Monahan: Oh, absolutely. If you're just kind of spinning and suddenly you get to the end of the day and you're like, "Oh, I had this whole to-do list in the morning and I haven't done three quarters of it" – that doesn't really make you feel great. Maybe it's that things are taking longer, which is fine – there may be a reason. Or maybe it's that you just whiled away like hours a day on social media and that's time you're not getting back.

Lee Burgess: Yeah. And I think that that is really a difference, that in our current world where time just disappears on things like social media and devices, that it can feel like when your time gets hijacked by something. We can use today's example. We're a little late to report this podcast, because my car battery was dead. And then I had to call AAA and then they had to come. Then I got in my car and the tire was flat. So I had to drive to the gas station and fill up the tire with air. And we got here and it's all fine. But that doesn't make me feel out of control, because that's life. Life just constantly happens that way. But then, it would have felt very different if I was late because I just lost track of time, because I was messing around in my house and doing something else and not being productive, or at least dealing with something that was actually in front of me. And I think that oftentimes we don't see the difference in those two things – that being late because you're distracted or doing something else is very different than being late because your car battery died.

Alison Monahan: Right. I think that's a great example of why you can't just be ultra-obsessed with being productive every single second of the day, because the reality is, you need some slack in your schedule because things do happen. Things come up, unavoidably. That's a lot easier to deal with if you're like, "Oh, I don't have anything else for the rest of the afternoon" or, "I have an hour break" or whatever. So I think it's that balance of using the time you have productively and on the things you want, but not sort of overscheduling to the point that one tiny little thing that throws you off balance is going to completely derail your entire week, which I think is sometimes how law students end up, because everything is so important to do and everything is so scheduled. And then suddenly one thing happens or one thing takes longer than expected, and then



the whole schedule is derailed. And then that can be a downward spiral of "Well, I didn't do this, so now I'm just going to give up on everything." And then you're in a world of hurt.

Lee Burgess: Yeah. We were just talking to, or emailing about, a bar student who is just making blanket statements of, "Everything is taking too long." And it's like, well, then something's wrong with the plan.

Alison Monahan: Right, then you need to be doing less. Or something.

Lee Burgess: Then what's happening is not working. I think there's a difference between that and not being productive, but of course my recommendation to that student was, "You better be tracking your study time. How many hours are you actually studying? What are you doing during that time? Are you counting study time?", which happens with law students all the time – counting library time as study time, when you might be doing who knows what in the library. You have to be very aware. And I do think just for a few days, just writing down how you spend your time can give you such a window into being thoughtful about how you want to be spending your one truly wild and precious life, or whatever it may be. And so, when I was thinking about how to apply this idea of law school... I mean, Ryan Serhant's schedule is crazy. He gets up at like 4:30 in the morning, and he does a super intense workout, and he works until 10:00 o'clock at night. That's a little much for me. But what I did like is he was very intentional. He had blocked out time for his family and said, "This is the time that is my family time", and he is very protective of it. And, "This is the time that I exercise and take care of my body", and he's very protective of it. And I think that that can be helpful, because oftentimes if you feel like time is running out, you have to start strategically making decisions about what you can do and what you can't do. So as a law student, if you can make yourself track your time for a bit – and I really think less than a week would be super helpful – you want to then start considering how you want to use that time. What practical things do you want to spend time on and what fun things do you want to spend time on? And then you can set yourself up a schedule – not an every-minute schedule, but a loose schedule of how you're going to do those things. What are the pockets of time that you're going to really get to allocate? And then you can cut out the things that you're doing that may not serve those goals. Hey, if you love spending multiple hours on social media, you do you. But almost every time I get those reports, I get angry that that has stolen so much of my time. I enjoy social media, I enjoy scrolling through it. But you kind of are like, "Wow, did I really want to give Instagram an hour or two hours of my day?" It adds up fast when you really start to look at that data. And I think it's just asking yourself the question, "Is this how I want to be spending my one thousand minutes?" And



maybe the answer is "Yes", or maybe the answer's "No". So, you've got to ask those questions of yourself.

Alison Monahan: Yeah, absolutely. Totally agree with that. It's just, I don't want to call it a flow state because in some ways it's kind of the opposite of a flow state, but it sort of feels like a flow state, where we're just scrolling and scrolling and scrolling and scrolling, and then you're like, "Oh my gosh, it's an hour later. Why is it like 12:30 at night and I'm still awake looking at Instagram? How did this happen?"

Lee Burgess: And then, did I really want to give Instagram an hour of my life? I don't know.

Alison Monahan: Right, compared to sleeping.

Lee Burgess: Sleeping, reading, doing anything else – speaking to someone else in my house, cuddling with my dog, anything. I just, I don't know. And really, this all goes back to the idea of just being very present, whatever you're doing. Studying for three hours, make the most of it. Really get three hours of work done. If you're spending time with family and friends, put down your phone. Don't feel guilty about it, lean in, invest. If you are doing other life tasks, I think it's better to just do it and focus on that one thing. If you're doing a workout, don't also try to read outlines or something. A lot of people say that. It's like, "Oh, I was on the treadmill, but I was also reading outlines." You're probably not learning anything, and then you're not even enjoying the workout. You're not enjoying anything, because we really can't multitask. We wish we could, but we really can't.

Alison Monahan: People do tell us they listen to the podcast while they're doing other things. So, maybe a good idea, maybe not.

Lee Burgess: Well, but podcasts are designed for that. I think that's different than trying to read something. I listen to other podcasts too, so I get it. And I love audiobooks, because I don't have a lot of time to read. Thus the goal for last year. I think personally for me, I have a friend who's super sick and is likely not going to be with us much longer. And I've really started to think about the fact of how many hours we have left to be together. And there was an article about this in the New York Times a couple of years ago, where they said if you see a friend once a year and you're of a certain age, here's how many hours you likely have left with this friend. That one kind of blew my mind, and now I'm seeing it play out much more in real life. But it has really changed my thinking about the time that we do spend together, because I don't want to waste it not enjoying each other. We're trying to laugh and tell stories and reminisce, and I feel that it's very



precious. I think that there is something in there that we can apply to other things in our lives. It doesn't mean that reading every case is going to feel precious. We're not suggesting that; that's silly. But I think if you are present and effective in the work that you do, and then present in whatever else you're doing outside of your professional or academic life – I think you feel a bit more content, because I think you're living the life that you're living in this moment, because life is happening right now, whether you're in law school or not.

Alison Monahan: True. I was at a dinner the other night with like 10 other women, and it was actually amazing because we're all sitting around a round table and I noticed by the end of the dinner no one had their phone in sight. No one had looked at it and no one had it sitting on the table. And it was just this kind of shocking thing of like, "Oh, wow, that was so nice."

Lee Burgess: I know. I was on a vacation with some friends who were similar. One of them even works for Apple, so devices are literally his entire life. And they are really good about putting their phones away, and then you feel very conspicuous if you pull your phone out. And there were times where I didn't need to have my phone out. My children were upstairs. It was like, no one was going to call.

Alison Monahan: Right. They're like stuck on an island, or wherever you are.

Lee Burgess: Right, exactly. There was literally only in an emergency situation where I would have needed to hear my phone. And I could have just turned the ringer on and put it somewhere else, like old school ways that we used to when we just had a landline. Oh my gosh, side note: We were talking about this in our house last night, that my children will never know the beauty of picking up the family phone and having to say like, "The Burgess residence. She is not here right now. Would you like me to take a message?"

Alison Monahan: And then you had a little notepad and you had to scribble the message on the notepad and be like, "Oh, Mom, somebody left a message for you."

Lee Burgess: I know. Alright, so all of I think the theme that came out of reading that study was this idea of, be thoughtful about your time, be aware of how you're spending it, and be okay with how you're spending it. And if you're not okay with it, change it. You have a lot of power over how you spend your time, even if you have a lot of responsibilities.

Alison Monahan: Yeah, particularly as a student. You can just do things certain ways.



Lee Burgess: Yeah, you have a lot more flexibility than you do at a job, for sure. But the more efficient you are as a student, then the more efficient you are going to be as a professional, and then you're likely going to feel better about your professional life as well. And with that, I wanted to talk about creating new habits for the new year, because again, we're not creating resolutions because those don't work. So, if you have goals like I do about the new year, how do you go about doing it? And one of the first tips we wanted to share is this idea that we are really terrible at multitasking, even though I used to consider myself an amazing multitasker, but now I just realize it's much faster to do one thing at a time. It really is.

Alison Monahan: Definitely. I totally agree.

Lee Burgess: Yeah. Research shows it's terrible. Distracted work is not quality. It affects comprehension performance. Just don't try and do it. We also know that constant notifications in our digital world are terrible for us as well. They mess with our nervous system, they keep us in fight or flight mode. And I talked about this with my [podcast with Jessica Elefante](#) on her book on influence – it's a great episode, I highly recommend that you check it out. We'll link to it in the show notes. But she talks about the power of those devices and what happens when we step back from them. It's a great conversation. But this idea that we can do all the things at all the times is not true. It's just not true, so stop trying. You're not a snowflake. You can't do it. It doesn't work.

Alison Monahan: No. And there are people I know who strongly disagree with me on this point, but I 100% agree with you. I think focused work is just going to be better, it's probably going to be faster, and it frees up space to do other things. So if you focus for a certain amount of time, then you're like, "Oh, I can go do something else. I did my focused work." Whereas if you're kind of watching something on TV and also trying to do this other thing, and also trying to do this other thing, and also doing this other thing, you never really have that break of the brain to say, "Okay, I'm done. I'm done with that thing."

Lee Burgess: Yeah. I also have learned that if you have an iPhone, which is, for most of us, the center of all of the distractions, that you can go in and basically tell it to leave you alone. You can pre-schedule during weekdays that there are certain hours where you will not get any notifications. You don't have to even choose on a daily basis to shut it off. You can just be like, "Do not notify me from these hours, unless it's this one person." If my mother calls, I can get that or whatever, but everything else, shut it off. And you can have it all preset. So I think that's kind of an interesting thing. We're going to talk about structure and what you



can do to create habits, but I also thought it was interesting that you can make it so it's automated, and then you just don't see the notifications. That can be very powerful. If you have a block of time to do that deep work and it's on your calendar every day, what would happen if you just told your phone to knock it off for 90 minutes to two hours every morning? It might blow your mind what you can get done.

Alison Monahan: I think that's totally true. And then, there are ideas about putting your phone in a different room and all these kinds of things. So, anything you can do to increase the friction of using that. People take apps off. Maybe you don't want to have the apps for social media on your phone, but if you want to go to your computer, that's fine. I'm on certain mailing lists that I've separated them out in Gmail, but doesn't really work on my phone. So I just don't look at them until I'm sitting at my computer and then it's like, "Okay, I'm going to take 10 minutes to look at this and respond or whatever." But it's a limited universe.

Lee Burgess: I also think it can be important to create accountabilities. We were just talking about being with other people who are off their devices. If you have a study group or a study buddy in the library, you can agree that you're going to put your stuff away, because peer pressure definitely works. And they're going to hold you accountable if they see you digging into your bag or whatever. Maybe you both agree you're going to both put our phones on "Do not disturb" and you're going to stack them in the corner and you're not going to touch them, and you're going to do it together. I think that can be very effective and make you aware of those little things that we do where we're like, "Well, I'll just take one quick look" or, "Oh, I wonder what that was." And then down the rabbit hole you go. I also have seen people talk about visual cues and reminders. This could be putting Post-it notes up around your house or your study space to remind you to put it away or put it on "Do not disturb". It sounds silly, but you'd have to ignore the Post-it note if it's staring at you in your face, which can be hard to do. It's like a judgy Post-it note.

Alison Monahan: Right. Or an alarm. The night before I look at my schedule, I see what meetings I have, and I see set an alarm for 10 minutes before those meetings. And I will tell you, sometimes it totally saves me, because I have completely spaced on something and this alarm goes off and I'm like, "Why is an alarm going off right now? Is there something I'm doing?" But it reminds me – I look at the calendar and I'm like, "Oh, gosh, I do have this call." But you could do a similar thing with how long you are going to do X, Y, or Z. If you're studying for 45 minutes, set that alarm for 45 minutes, and then you might get a little break. Or you can't do X until the alarm goes off. Any of these things, I think could be really effective.



- Lee Burgess: And anything that you can automate and preschedule. I have decided that I am going to get up at the same time every day to go do my same morning routine, and my alarm is just set at that time, five days a week. It just goes off. I don't have to remember to set it. I've set it once; it's "set it and forget it". And I think that all of these things that you can do, where you're not making these intermittent decisions to be present, the technology really can help us keep our act together, but we have to be smart about how we use it. Another favorite idea of mine around habits that I've read about is stacking it, creating a habit stack. And this means that if you want to do something or add something to your day, you take something that is already a habit and you just kind of like stack it on top of that. So an example of this would be – hopefully everybody brushes their teeth in the morning – and that's likely a habit. You do it the same time every day before you get ready to go out. And if you wanted to try and meditate for five minutes, and you were having trouble squeezing in the five minutes, you could say, "Well, I will meditate right after I brush my teeth." And so, the idea is you don't have to remember to meditate. You just have to remember to brush your teeth, which is already a habit, and then it triggers meditating after that. This can be used in lots of different scenarios, but I think it's an interesting idea because it's very hard to just fully create a new habit, but it's not that hard to just attach the habit to something you already do, because it doesn't take as much cognitive effort.
- Alison Monahan: Yeah, definitely. I've seen ones where people will even do things like put their shoes right beside their bed, because they know that they're going to get up.
- Lee Burgess: I mean, some people even sleep in their workout clothes or whatever.
- Alison Monahan: Yeah, I've seen that one. I was like, "Alright, well, whatever works."
- Lee Burgess: I think that's a little much for me. I don't know. But a lot of things when you think about that you do throughout the day, even little things like, "Oh, I'm forgetting to take my vitamins." It's like, maybe you should move your vitamins next to your coffee maker, because I bet you don't forget to make coffee every day. And then you see the vitamins next to your coffee maker.
- Alison Monahan: I take iron, and so I have that sitting in the refrigerator, because it's a bottle. And literally I see it when I reach for the eggs that I have every single morning and I'm like, "Oh, right, got to take the iron."
- Lee Burgess: Right, exactly. It's a lot easier. There was also a [great article from The Washington Post](#) that you sent me over the holidays, around the new year and



habit creation, and I was reviewing that again. We are going to link to that in the show notes. And one of the things that they covered was – this should not be a surprise to anyone that we're going to say this – but that you have to practice new habits. And we say you have to practice everything, right? You have to practice taking exams, you have to practice law, you have to practice everything, and habits are no different. So I think that's an overarching theme that's also important to take away, that all of this stuff to become second nature has to be practiced. They also recommended setting goals wisely, so giving yourself a mix of goals, some that are not too challenging to help boost motivation. I felt very validated that I felt that I did that with my goals for 2024. I like validation of my own choices, so it made me feel good. Being very specific, so thinking about day-to-day goals instead of big, lofty goals. One of the examples I think they used was, don't make your goal get a 4.0. I mean, maybe that's your goal, but a daily goal of, "I'm going to study X hours a day" – how are you going to reach that goal? Those intermittent goals are really what you should be focusing on. They also talk about in a conducive environment and providing context clues, which we've already talked about a few minutes ago. They talk about rewarding yourself, which I think we've talked about this with law students and bar exam takers before. What are you going to do to give yourself positive feedback? Since guilt, turns out, doesn't really work, contrary to what many of our parents think. The guilt's not a great motivator, unless you're a people pleaser. But reward and positive feedback usually work better. And they like accountability, sharing your goals with others. They talk about sharing them on social media, and honestly, I'm not a big fan of that. I don't share my own personal goals on social media. I don't share much about myself on social media anyway. But I do think that if you want to talk to your friends about it, I have a group chat with some college girlfriends. The question came out, "What are you doing for 2024?" And one of my friends said, "I'm going to take more time for self-care." And then one of our other friends is now sending a text every few days being like, "What did you do for self-care?" And I was like, "Wow, she's really taking her role as our friend and supporting our goals." I'll be honest, I didn't tell her my goals, so she hasn't been texting me about it.

Alison Monahan: Yeah, I feel like this is one of those personality things. Some people love CrossFit, I hate CrossFit. I'm not motivated by group stuff, I'm not motivated by guilt. I was raised Catholic, I got that out of my system pretty early. It doesn't work.

Lee Burgess: Yeah, I know. And I think this is a big one – show yourself compassion. If at first you don't succeed, don't toss the goal, just try again. And I think with a lot of this stuff, if you're thinking about it, especially in an academic context, you're still trying to figure out what works for you. You may have to pivot and try again,



and that's okay. It's better to keep trying than to give up and just say that you can't be more efficient, you can't do better academically, you can't make habit changes. Sometimes it's not a linear path. It's a meandering path through the woods to success.

Alison Monahan: And I think you have to look at it from like a looking back in three months or six months type of perspective, not how did you do this exact day? Did everything go perfectly? Well, it probably didn't. But if you got 50% of the way there and you keep doing it for another few months, you'll probably be in a much better place, where you want to be.

Lee Burgess: Yeah, incremental goals are really important, and the compounding of those goals, right? Let's go back to my silly goal of study any French – which I haven't done today, by the way, so I still have to do it. I haven't stacked that habit to the appropriate thing yet. But if you just do a few minutes every day, eventually it becomes real time. So, have some levity around some of these goals and just realize that you're going to constantly have to pivot. So those are my thoughts on new habits for this fourth day of January. We won't release this on the fourth, but it's a fresh new year here, so anything is possible. Maybe my car will turn on when I leave my office. It'll be very exciting.

Alison Monahan: Hopefully. Fingers crossed.

Lee Burgess: I know, fingers crossed. Well, do you have any final thoughts as we run out of time?

Alison Monahan: Well, I think time is time. We're out of time.

Lee Burgess: We're out of time! It's a precious resource, it's diamonds, we've got to make sure we move on to the next one. But we wish you luck with setting yourself up for the new year, because it is a great opportunity at the beginning of a semester, especially to reflect on what happened last semester and make a plan for going forward, and start something new. That's the one thing about life, is you pretty much can be constantly changing and trying new things.

Alison Monahan: Very true.

Lee Burgess: Well, with that, we're out of time. If you enjoyed this episode of the Law School Toolbox podcast, please take a second to leave a review and rating on your favorite listening app. We'd really appreciate it. And be sure to subscribe so you



don't miss anything. If you have any questions or comments, please don't hesitate to reach out to myself or Alison at lee@lawschooltoolbox.com or alison@lawschooltoolbox.com. Or you can always contact us via our website [contact form](#) at LawSchoolToolBox.com. Thanks for listening, and we'll talk soon!

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