

# BELL NUNNALLY PARTNER HEATH CHEEK ON TEXAS LAWBOOK LOOKS AT LIFE LESSONS FROM SEASON 3 OF TED LASSO

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**Bell Nunnally Partner R. Heath Cheek authored *The Texas Lawbook* article “The ‘Lasso Way’: Lessons for Lawyers from Ted Lasso Season Three.” The piece, the third in a series by Cheek, looks at takeaways for attorneys from the third, and presumably final, season of the hit TV show *Ted Lasso*.**

“The theme of season 3 was about making choices for your own happiness, even when it may be detrimental to your work. This theme, once again, reflects a national trend in the legal profession where we are seeing attorneys (particularly younger attorneys) demanding a work-life balance, fewer hours and more work-from-home options, while law firms (as well as investment banks and accounting/consulting firms) are starting to make adjustments,” writes Cheek.

Cheek notes the similarities between characters on the show and attorneys in wrestling with big issues such as: identifying what is truly meaningful to a person in life and how to pursue it; finding the “life” side of work-life balance in turbulent and taxing times; and making choices (sometimes hard and disruptive) that ultimately make our life fulfilling.

“The lesson from the show is not limited to ‘spending more time with your children’ (an issue Ted is dealing with and a familiar one for attorneys who are parents) — it also focuses on doing what makes you most fulfilled. Whether it’s going out on your own, getting away from a difficult boss, moving into a role that makes you more fulfilled or whatever your challenge may be, *Ted Lasso* teaches us to at least make the choice,” writes Cheek.

To read the full article, please click [here](#).

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