

**AUG  
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# YOUR BEST LIFE

Honest. Excellent. Real.

## Improve Yourself!

There are some days where my daily "To Do" list is a mile long. Sometimes I feel overwhelmed and it can be daunting and frightful at times. A couple of years ago I read a book that has significantly helped me change my life. It's called "Miracle Mornings" by Hal Elrod. In this book, Hal shares 6 habits that, if you follow them, may have a significant impact on your life. So, here is my "Spoiler Alert" just in case you want to run out and get the book for yourself.

First, you need a head start on your day. You do this by preparing your mind the night before that you are going to wake up ready to roll the next day. Set your alarm about 30 minutes earlier. Once it goes off, do not hit snooze. Set it across the room if you don't trust yourself. Then drink a full glass of water to get your engine running. Then, you practice 6 habits (in no particular order) over the next 20 minutes, 10 minutes, or whatever time you can allow. I like this process so much, that I usually spend 45 minutes to an hour doing the following routine called "**SAVERS**":

**Silence** – Pray; meditate; and Breathe! I practice "square breathing."

**Affirmations** – These are positive messages you send to yourself affirming that you are becoming the person you want to be, in whatever area of your life.

**Visualization** – Imagine yourself doing each thing step by step to accomplish your goals. Imagine your success and visualize what your entire day will hold.

**Exercise** – If your blood is pumping through your body, it is also pumping more through your brain. This sets a much better tone for your day. Even just a little exercise will help you tremendously.

**Reading** – This is my favorite part. Even if you are not a reader, it is good to read your Bible or any personal development book. This doesn't have to be so daunting. Even 10 pages a day is a great start. Keep at it.

**Scribing** (writing) - This is crucial for me. The more I started writing, the more I wanted to write. Get a journal for yourself and log your to do list, or just use it as a diary of sorts. It is therapeutic, and I get a ton of writing ideas every week doing this. And it's fun to go back and see your inner thoughts a week ago, a month ago or longer. You will realize how quickly time flies



I know some of this sounds hokey at first. I thought so too. Now, I am hooked! And if you entertain this routine for just 30 days, I think you will be too. When I skip my "SAVERS" routine, I feel like I am behind all day long.

I hope you guys give this routine a shot. If you try it, I would love your feedback on any changes you notice.

I hope you are all doing well. Peace!

# STAFF SELECTIONS

## Kirby Take-Over

We love getting to know our clients and in turn, we want you to get to know us! In this new section, each month we will have an attorney or case manager takeover! In this space they can share their favorite restaurant, show, news story ... anything they they feel is share-worthy!

Kirby is our Senior Case Manager. Not only does he manage his own cases, he also supervises fellow case managers, overseeing every case that enters our firm! Here are a few things overheard from Kirby at the water cooler.

### LOOKING FORWARD TO...

I am most looking forward to GETTING MARRIED on October 20th! ...And it's almost football season.



### RESTAURANT YOU SHOULD TRY..



Hands Down -- Slim & Husky's in Antioch or Nashville! Best Pizza in the world!



### SHOW YOU SHOULD WATCH....

Big Little Lies on HBO.



### ROOTING FOR:

The Atlanta Braves! They are really good this year and have exciting young players like Ronald Acuna and Ozzie Albie. Chop! Chop!



### ON REPEAT:

Lately I can't stop listening to Ed Sheeran's new album called: "No. 6 Collaborations Project"

### THOUGHTS:

Lately I keep telling people, "It is what it is." Worry about the things that you can control and ignore the things that are out of your hand



Kirby and his fiancée Caitlin.

**Let us know if you tried any of Kirby's current favorites and if you have any recommendations for things we should try. Email [info@griffithinjurylaw.com](mailto:info@griffithinjurylaw.com)!**

## YOUR TURN

**Cali M.**  
Smyrna, TN

I can't begin to thank Griffith Law enough for helping me settle my case! When I was involved in my car accident, I was terrified and had no direction or idea what I was going to do. Thank God for Mr. John Griffith! He is so warm and caring! He put me immediately at ease during my initial consultation with him and guided me through the rest of the process with ease! The insurance company tried dragging their feet and used any possible tactic to pin the accident on me. Griffith Law did not allow for that to happen! I could not have faced the insurance company alone! Kirby who works for Mr. Griffith and Mr. Griffith himself were my voice and calmed my anxieties about the, "what if's". I can happily say that my case is SETTLED! I didn't have to go to trial and the insurance company paid the full amount in my favor! Kirby has been so amazing through this whole process!!! I have made countless emails and phone calls throughout my case and Kirby was able to thoroughly answer all of my questions and was on the ball. Mr. Griffith, you have done a great job at selecting your superstar team! If anyone out there is wondering if you should reach out to an attorney - number one, do it!!!! Navigating through hospital bills and insurance representative can be a nightmare. You can't go wrong if you call, John!! Thank you all so much!



## SHARE YOUR STORY!

*Cali*

Email [sydney@griffithinjurylaw.com](mailto:sydney@griffithinjurylaw.com) to share your story with GriffithLaw and be featured in our newsletter...

# 5 Myths About Car Accidents & Insurance

Unfortunately, there are many myths surrounding car accident injuries, claims, and lawsuits, and any one of them could result in lost compensation for your injury. The most common myths that continue to circulate about crash cases include:

## CAR ACCIDENT LAWS ARE THE SAME IN EVERY STATE

1

From determining fault to the time you have to file a claim, most of the laws regarding accidents will depend on the state in which you live. In Tennessee, car accidents follow a "fault" system for car accident insurance coverage, meaning that the at-fault driver is liable for the cost of injuries and damages after a crash. However, Tennessee's comparative negligence laws also determine how much compensation can be awarded depending on the portion of fault each party shares for the accident. If you were found to be somewhat liable for the crash, the amount you receive from an insurer could be drastically reduced, even if your injuries are severe.

## IT'S BETTER TO LET OUR INSURANCE COMPANIES WORK IT OUT THAN HIRE AN ATTORNEY.

2

Since insurance companies provide much-needed payments in times of need, many people forget that they are businesses driven only by profit. Victims often treat their insurance adjuster like someone who is there to help them, when in reality these agents are paid to find ways to deny claims or pay out as little as possible. As insurers will work hard to avoid liability, you may need an attorney to get fair value for your claim. As former insurance adjusters, our firm knows the tricks insurance companies use to undervalue car accident claims, making us uniquely able to deal with them on their level.

## IT DOESN'T MATTER WHICH ATTORNEY HANDLES MY CASE, AS LONG AS HE HAS INJURY EXPERIENCE

3

Many attorneys claim to have experience with injury cases, but not all experience is created equal. A lawyer who primarily deals with slip and fall cases may not be a good fit for a crash claim, while an attorney who has won car accident cases may not have experience dealing with trucking companies. The right attorney for you is the one who has experience in your type of vehicle crash, your type of injuries, and your type of insurance problems, and should have success trying a case in court as well as negotiating settlements.

## IF YOU HAVEN'T SUED BY NOW, YOU MISSED YOUR CHANCE.

4

That time limit is determined by the state. The Tennessee statute of limitations on car accident cases is one year, meaning the case has to be filed within one year of the date of the accident (or the date of death resulting from a crash) or you lose your right to payment. Many victims suffer injuries that seem minor at first, then worsen over the next few weeks—and some of these can cause arthritis or other permanent effects. If your doctor says your injuries are related to your crash and the one-year time limit has not passed, you are still eligible to pursue a case.

## HIRING AN ATTORNEY IS TOO EXPENSIVE, AND NOT WORTH THE HASSLE.

5

If your accident involved minimal damage and only minor injuries, you may not need to hire an attorney. However, victims of any accident that causes significant medical bills, vehicle damage, and prolonged time off work are usually best served by getting an attorney's advice. Our personal injury attorneys work on a contingency fee basis, meaning there is no upfront fee for legal representation and that we are paid only after you receive a settlement.

## Peanut Butter Banana Oatmeal Muffins

### DIRECTIONS

Preheat the oven to 350° F. Line 18 muffin cups with paper liners. In a medium mixing bowl, combine the flour, oats, baking powder, baking soda and salt. Stir together with a fork to blend. In a large mixing bowl, whisk together the applesauce, brown sugar, eggs, banana, peanut butter and buttermilk until smooth. Pour the dry ingredients into the bowl with the wet ingredients and mix just until incorporated and fully blended. Divide the batter between the prepared muffin cups. Bake 18-20 minutes, or until a toothpick inserted in the center comes out clean. Allow to cool in the pan 5-10 minutes, then transfer to a wire rack to cool completely.

**Servings: 18 muffins**

### INGREDIENTS

1½ cups all-purpose flour  
1 cup old-fashioned oats  
1 tsp. baking powder  
½ tsp. baking soda  
½ tsp. salt  
2 tbsp. applesauce  
¾ cup light brown sugar  
2 large eggs  
1 cup mashed banana (about 3 bananas)  
6 tbsp. creamy peanut butter  
1 cup low-fat buttermilk





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We recently went to Dollywood. My 2 year old Ella didn't get to ride every ride she wanted. "Don't wish your life away sweet baby... it comes at you faster than you think!"

**WE ❤️ LOVE OUR CLIENTS!**



Make sure you are following us on Facebook for Summer Giveaways!

