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ARE YOUR RESOLUTIONS BUILT TO FAIL?
Think Small and Enjoy the Process

WHERE ROAMED THE GNOME?



emblazoned on the cover. The book, it turned out, was a photo journal filled with the adventures of Leopold the Gnome.

Bev opened the book, which read, in the words of Leopold himself, “Hi, my name is Leopold the traveling gnome. One morning, back in December ’15, I saw a motor home toddling along Finlayson Arm Road. I thought to myself, ‘There’s got to be more to life than standing knee-deep in rain water, being peed on by neighborhood dogs, and staring at the same view every single day.’ So I hopped on ...”

And thus kicked off the journey of Leopold — so named by the gnome-nappers, a family of three and their two dogs. By the time he made it back to Bev, Leopold the Gnome had traveled down the Pacific Coast, from Victoria to Baja California, and throughout the Western U.S. The gnome had relaxed on the beach, explored the Grand Canyon, enjoyed a margarita the size of his head — pointy gnome cap included — all before finally returning home to Bev’s garden, where he continues to live the conventional life of a garden gnome.

In December 2015, Bev York thought she’d never see her trusty garden companion, Leopold, again. The Victoria, B.C., resident noticed her garden gnome was missing — possibly stolen by neighborhood kids or a local gnome enthusiast. At the time, Bev figured there wasn’t much she could do about the missing gnome. She assumed he would never be seen again. She went on with her life and continued to tend to her garden without him.

Eight months later, Bev spotted a curious plastic bag tied to the gate at the end of her driveway. In the bag was the gnome, not any worse for wear, along with a hardbound book — with the gnome’s cheery face

What will this year bring for you, your family, and your business? Whether your resolution is to spend more hours at the gym or more time with family, thanks to an already overwhelming workload, many people are scrambling this month to make good on their resolutions. In fact, by the middle of next month, most New Year’s resolutions will already have failed — 80 percent, according to U.S. News & World Report.

What gives? Why do 8 out of 10 resolutions fail miserably right out of the gate? The answer is simple. It’s an all-or-nothing mentality. Picture it this way: Joe didn’t exercise very much in 2016. To make up for it, and for all that holiday feasting, Joe decides to start hitting the gym. He’s going to go every day — no, twice a day — and get into shape, just like he was back in high school.

For the first week, Joe does great. Sure, he’s pushing himself too hard and doesn’t have a plan, but he’s working hard and putting in the time. But then something happens. Maybe he pulls a muscle. Maybe his boss asks him to stay late. Maybe the new season of his favorite TV series finally comes to Netflix. Whatever the reason, he doesn’t go to the gym one day, and the result is this: Joe stops going to the gym altogether.

As soon as he falls off the wagon, Joe has failed. Not in reality, but in his mind, and that’s where it really counts. Because he had this big goal backed up by an all-or-nothing mindset, Joe feels like an abject failure. And that’s the last time Joe sets foot in the gym until next January.

Instead of dedicating himself to one specific goal, Joe needs to dedicate himself to improving something a little bit every day. Want to strengthen relationships with your family? Send a text or email, schedule a lunch, or buy a small but meaningful gift. Focused on a promotion at work? Do one thing each day that will improve your chances — whether it’s taking on a new project or saying hello to a new person at the office.

This think-small principle can be applied to other resolutions as well. For example, if you resolved to read more books in 2017, don’t start with “Anna Karenina.” That’s a massive book that’s bound to daunt even the most dedicated of bookworms. Instead, read a few shorter books on a variety of subjects. There are plenty of great literary works less than 200 pages long, and you can always spice things up with a romance novel, thriller, or other guilty pleasure. You won’t keep your resolution if you’re not enjoying what you do.



And enjoyment, at the end of the day, is what a lot of resolutions are about. Give yourself permission to fail at times, but don’t ever stop trying. Work at it little by little, and don’t forget to reward yourself. Unlike Joe’s, your resolution will stick.

- Steven Goldstein

THE FOMO EFFECT

Stop Feeling Like You're Missing Out on Everything

Do you suffer from "Fear of Missing Out"? The very real, increasingly worrisome syndrome has been adorably coined FOMO, a word officially added to the Oxford English Dictionary in 2013. We might joke about the fear of missing out, or of not being able to say no to social events or potential picturesque weekend photo opportunities, but psychologists are beginning to worry. Could FOMO be more serious than simply believing in the old turn of phrase, "the grass is always greener"?

Too much FOMO can be paralyzing, as you get stuck in the routine of checking your phone for updates about your ex's new career move or feeling depressed that you weren't invited to a wedding. Even worse, we get so caught up in cultivating the perfect image of our own lives to show off online that we forget to savor the good moments as they happen.

Here's what you need to do to make sure FOMO doesn't take over and leave you (or your child) anxious, depressed, and unsatisfied.

Unplug. You know for a fact that the lives you watch on social media aren't as interesting and perfect as they look. If spending time online is making you feel bad, limit your daily dose of

social media or take a social media vacation. Facebook allows users to temporarily deactivate their accounts, so you can always give yourself a week or monthlong break to decompress and re-center.

Consider alternate realities. According to the Journal of Personality and Social Psychology, thinking about what your life would be like without the things and people you have in it right now makes you more appreciative. Studies show that this appreciation improves positive feelings in general.

Commit to your decisions. UCLA neuroscience researcher Alex Korb says it's important to make decisions. Stop trying to keep your options open. The act of finally making a decision relieves a ton of stress and is one less thing to add to your feelings of uncertainty about your situation.

Slow down and be grateful. Being more mindful as you go about your day-to-day will help you slow down and appreciate the moment. Savor the sensory pleasures of your day and remember to be thankful for the little things. Taking time to consider what you have is a surefire way to dampen the effects of impending FOMO.



TESTIMONIAL

"The attorney that handled my case was not a trial lawyer, so he referred me to Steven to do my trial. The insurance company was offering a very limited amount to settle the case. After Steven spent all day picking a jury, the insurance company caved and settled the case right before opening statements. I'm so happy my lawyer chose Steven to do my trial. He was great in the courtroom, explained everything to me, and was able to get me what he told me was a good settlement on my case. Anyone who has Steven as a lawyer is in great hands!"

— Ronnie Worthen

Brooklyn, New York



DRINKING AND DRIVING

What Happens When You Are Pulled Over

During the holidays, law enforcement is extra vigilant about looking for people driving erratically or recklessly: driving under or over the speed limit, improperly crossing lanes, or tailgating, for example. If you are pulled over after exhibiting the initial signs of driving under the influence, here is what to expect:

First, the police officer will request your driver's license, vehicle registration, and in most cases, proof of insurance. You must provide these documents. At this point in time you have been detained. You are not in custody. As a result, an officer is unlikely to read your Miranda rights — however, you still have rights.

Second, the officer will look for further signs of intoxication, such as slurred speech or the smell of alcohol. The officer will ask you questions related to drinking: how much you have had and when, the type of drink, and so on. Answering these questions is completely optional, but the answers may be incriminating.

Third, you may be asked to exit your vehicle for a field sobriety test. This may be a coordination or balance test. Additionally, the officer may request a Breathalyzer test (a preliminary alcohol screening) to measure blood alcohol. You can deny this test as well.

If you exhibit the signs of intoxication, the officer can take you into custody. At this point, you will be read your Miranda rights and charged with driving under the influence. If you are arrested, you will be required to take a blood or breath test at the police station.

As always, you should never get behind the wheel if you have been drinking. The best way to



avoid a DUI charge is to simply not drive under the influence. However, it's important to keep in mind, regardless of your decision, when you are pulled over, your rights remain intact.

HAVE A LAUGH ON US!



BEEF AND MUSHROOM STUFFED ACORN SQUASH

INGREDIENTS

- 1 acorn squash
- Coconut oil, for sautéing
- ½ onion, chopped
- 2 garlic cloves, minced
- 2 cups sliced mushrooms
- ½ pound ground grass-fed beef
- 2 teaspoons curry powder
- Salt to taste
- Freshly ground black pepper to taste
- 2 cups chopped fresh spinach or other green (arugula, kale, etc.)

INSTRUCTIONS

1. Cut the squash in half and scoop out seeds. Microwave the squash for 7–8 minutes, or until tender.
2. Meanwhile, in a skillet over medium heat, melt a little coconut oil and add the onion, garlic, mushrooms, grass-fed beef, curry powder, salt, and pepper.
3. Stir until vegetables are cooked and beef is browned.
4. Add the spinach and cook until it's just wilted.
5. Scoop the filling into the squash halves and serve.

Recipe inspired by cookituppalaeo.com

