



# Your Best Life

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AUGUST 2018

## Back to School

...forever a student

It's that time of year again! Squeezing in last minute summer outings. Starting to get back into the routine as school begins.

In order to be at the top of your game, regardless of your profession, you have to be thirsty for knowledge. Our office is filled with people hungry to learn the about the ever-changing legal field.

Unlike many firms, our case managers are future attorneys! Working at GriffithLaw during the day, our staff goes on to attend night classes at Nashville School of Law a few nights every week during the school year. I've found that having people on our team that are constantly growing personally and professionally yields a better outcome for our clients. Each day is filled with opportunities to apply what is being taught and learn from attorneys that are open to sharing their experiences.

I myself began at Nashville School of Law when I was 28 years old. I had classmates ranging from fresh out of college at age 22 to seasoned professionals seeking a career change at age 65.

Regardless of your stage in life, surrounding yourself with people that have drive and goals aligned with yours is the best formula for success. It is never too early or too late to learn something new. American author Brian Herbert stated it best: "The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice."

What is it you've always wanted to do? Do you have an interest that you've wanted to take to the next level? Start today and share with us! We love keeping in touch and sharing in your success.

“ The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice. ”



# Top Habits of High Achievers

## 1. Make Your Bed

This small task gives you a sense of accomplishment first thing in the morning! It also makes you more inclined to tackle larger tasks throughout the day.

## 2. Treat Everyday Like the First Day on the Job

Visualize what you want to finish at the start of the day and stay focused on completing that task by day's end.

## 3. Run to Trouble

As soon as you discover a problem or mistake--address it! Problems do not get better over time.

While the children in your family are heading back to school, jump-start your routine with these top habits from business leaders.

## 4. Listen to Songs on Repeat

Research shows that listening to a song on repeat increases focus. Your mind will "dissolve" into the song which blocks out mind-wandering.

## 5. Make the Most of Drive Time

Listen to a book, podcast, or TedTalk all while in the car! How much could you learn in a year if you utilized your commute time to listening to audio books?

## 6. Schedule Communication

Constantly interrupted with text and email notifications? Schedule blocks of time to respond so you can maintain optimum productivity in your day!

*"We are what we repeatedly do. Excellence then is not an act, but a habit." --Aristotle*

# RAVING FAN: Dalton Puckett

OF AUGUST

*Thank you for trusting us with your son's case and for sharing your story with us!*



My son was driving a tractor and when he crossed the road to enter the driveway of the barn, a car hit him from the back and threw him off the tractor. He luckily was okay, other than some broken bones, punctured lung, perforated ear drum, concussion and lots and lots of road rash. This was an unusual case, considering my son was on a tractor vs. a car, but John Griffith was wonderful. He took care of everything, made sure we understood the process and answered any questions we had. The case was resolved with a positive outcome in a negative situation. We could not have asked for a better attorney.

-- Dalton Puckett (Wartrace, TN)

To share your story, email [Sydney@Griffithinjurylaw.com](mailto:Sydney@Griffithinjurylaw.com)

# What to do if you are Hurt in an Accident while on Vacation...

When you're a tourist who has been involved in an accident while on vacation, knowing how to proceed legally can be confusing. You may have questions such as:

## COMMON QUESTIONS

*Do I wait until I'm back home to file a suit?*

*Do I have to remain in Nashville until the incident is settled?*

*Do I have to be represented by a lawyer from my hometown or state?*

*Where do I turn?*



Your best option to ensure that your rights are being upheld is to secure a local attorney as soon as possible. Your case will be handled in the city where the accident took place, so it makes sense to hire an experienced local attorney.

A local attorney will also have better insight than one from out of town on the laws and procedures of his city and state. We have outlined some of the biggest mistakes out-of-state attorneys make on Tennessee cases. Some of these insights include familiarity with Nashville's:

**Statute of Limitations.** With a time limit to file of one year, Tennessee has one of the shortest statute of limitations of any state. An attorney who is unfamiliar with this fact may delay filing to the point where your case will no longer be valid.

**Courts and judiciary system.** A local attorney will most likely have dealt face-to-face with local courts, judges, and insurance companies. This type of familiarity cannot only prevent miscommunications, but can also give you an edge if the attorney knows what techniques work and don't work for presenting your case.

**Resources.** A local attorney will not only know how to secure necessary evidence from the scene of the accident, but he'll also have his own local resources to make sure that evidence is preserved—as long as you secure his representation early.

## Copycat Chick-fil-A Nuggets

### INGREDIENTS

- 1 lb. boneless, skinless chicken breasts (cut into 1-inch chunks)
- 1 cup dill pickle juice
- 1 1/2 cups milk, divided
- 1 cup peanut oil
- 1 large egg
- 1 1/4 cups all-purpose flour
- 1 TBSP confectioners' sugar
- Salt and Pepper to taste

### DIRECTIONS

1. In a large bowl, combine chicken, pickle juice and 1/2 cup milk; marinate for at least 30 minutes. Drain well.
2. Heat peanut oil in a large skillet over medium high heat.
3. In a large bowl, whisk together remaining 1 cup milk and egg. Stir in chicken and gently toss to combine; drain excess milk mixture.
4. In a gallon size Ziploc bag or large bowl, combine chicken, flour and confectioners' sugar; season with salt and pepper, to taste.
5. Working in batches, add chicken to the skillet and cook until evenly golden and crispy, about 2-3 minutes. 6. Transfer to a paper towel-lined plate.

### HONEY MUSTARD

### INGREDIENTS

- 1/4 cup mayonnaise
- 2 TBSP honey
- 1 TBSP mustard
- 2 Tsp Jijon mustard
- 2 tsp lemon juice

Whisk together in small bowl.

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WE ❤️ OUR CLIENTS! WE WANT YOUR REVIEWS!

## Share Your Story

We love hearing from our clients and want your referrals and reviews.

To be featured in an upcoming newsletter, email [Sydney@GriffithInjuryLaw.com](mailto:Sydney@GriffithInjuryLaw.com)

## Now You Know! ANSWERS TO GOOD QUESTIONS RECEIVED FROM GREAT CLIENTS!



I was in a wreck 3 months ago. I thought everything was fine, but now I'm really hurting with tingling up and down my side. I'm having difficulty communicating with the insurance company. Is it too late to talk with an attorney?

**Short Answer: No!**  
**Detailed Answer: In Tennessee, there is a statute that says you have 1 year from the date of the initial accident to file a claim.**

**This is why in many cases, depending on when we receive it, we will go ahead**

**and file a lawsuit, to ensure that the statute of limitations does not run out.**

**As with most rules, there are exceptions in the case of wrongful death, wrongful concealment, and other circumstances.**

**Make sure to request a copy of our Free Book for more answers to commonly asked questions at: [www.TNAccidentBook.com](http://www.TNAccidentBook.com) !**