

# YOUR BEST LIFE

Honest. Excellent. Real.

SEP  
2020



## Father & Son Trip: Jackson Hole, Wyoming

Sometimes I have so many things on my "To Do" list, it overwhelms me. One of the things I have procrastinated on was a Father/Son trip with my awesome son Case. He is beginning to enter his last year at home as a senior at Franklin High School. We have talked for the last several years about a trip just with us, but the business of life clouded my vision. Time is running out. So we sat down and planned a week long trip out to our great wild west!



We flew into Jackson Hole, Wyoming and had one of the best times of our lives. What a week! In that week we – went paragliding (jumping off a mountain top with nothing but a parachute), 4 wheeling on the peaks of the Tetons, horseback riding, hiking, whitewater rafting, new Cowboy hat for Case, playing his new Ukulele, and just talking and spending priceless time together.



I am so thankful we made this happen. We won't be here forever for our kids. My son and I made some memories that will hopefully last his entire lifetime.

Now, it is time to plan the Daddy/Daughter trip for next year. The time to plan those memories is now.

# In the Office

# MEETING GOALS & SWINGING CLUBS



## TEEING UP AT TOP GOLF IN NASHVILLE!

Last month we set a few challenging office goals, but with teamwork and determination we achieved them! It was so fun having everyone together outside of the office to celebrate our accomplishments!

WE LOVE OUR CLIENTS AND STRIVING TO BE OUR ABSOLUTE BEST FOR THEM IS OUR #1 GOAL!



## SEPTEMBER'S RAVING FAN OF THE MONTH!

“Griffith law firm really took care of me! I was in a car accident, and Josh made the entire settlement process so much easier and less stressful! I would recommend them to anyone who needs a good, TRUSTWORTHY law firm. They treated us like family from day one, and have made it clear they will always be available for any future needs we may have. Special shoutout to Josh!”

- Sarah T., Mt. Juliet



For a chance to be featured as a RAVING Fan of the Month, please leave an online review on Google, Yelp, or Facebook.

## SHARE YOUR STORY!



New address or phone number? Help us stay connected by letting us know!  
E-mail [Livia@griffithinjurylaw.com](mailto:Livia@griffithinjurylaw.com)

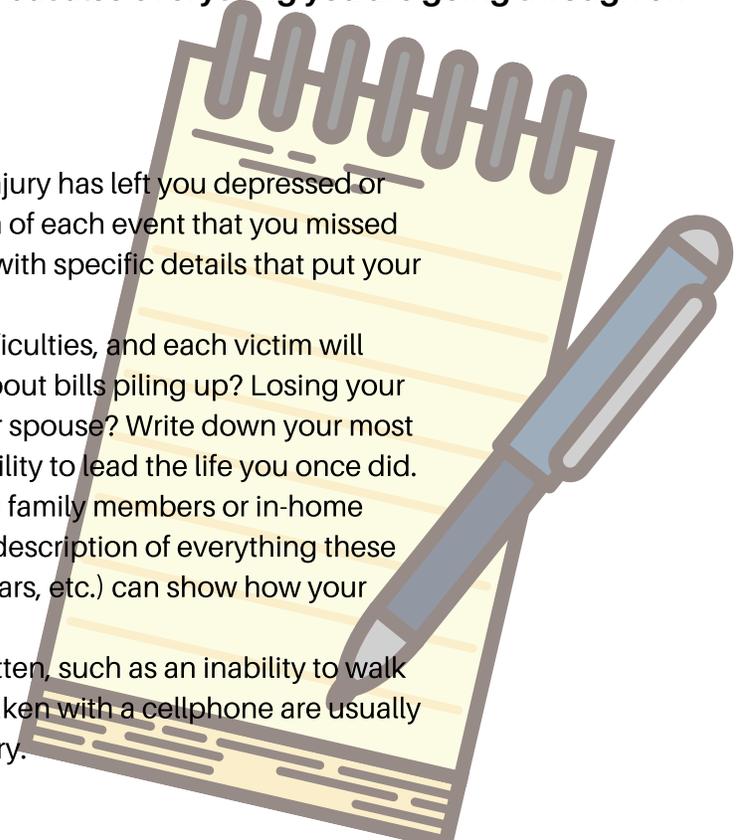


# WHY YOU SHOULD KEEP A JOURNAL AFTER BEING INJURED IN A CAR WRECK

It is vital that you write down as much as you can throughout your recovery. You should keep a journal of all of the things that have happened to you, but also everything you are going through on a daily basis as a result of your accident.

A few things that can be helpful in a journal include:

- **A description of each day.** It is one thing to say that your injury has left you depressed or unable to enjoy the things you used to do, but a description of each event that you missed has far more impact. Try to include a summary of each day with specific details that put your pain in context.
- **Fears about the future.** An injury can create a variety of difficulties, and each victim will have specific concerns about the future. Are you worried about bills piling up? Losing your job? Being unable to play sports or take vacations with your spouse? Write down your most pressing thoughts and how each one could impact your ability to lead the life you once did.
- **The people you rely on.** Many victims are forced to lean on family members or in-home medical specialists for extra help during their recoveries. A description of everything these people do (dress you, cook for you, help you in and out of cars, etc.) can show how your independence has been affected.
- **Pictures.** Photos can show details that you may have forgotten, such as an inability to walk without assistance or travel outside of your home. Photos taken with a cellphone are usually time-stamped, helping to show the progression of your injury.



## PEANUT BUTTER CUP S'MORES DIP

*Instead of making S'mores by the fire, make them in the comfort of your home!*

### INGREDIENTS

- 1 (12 oz) bag chocolate-covered peanut butter cup candies
- 2 1/2 cups mini marshmallows
- 16 graham cracker rectangles

### DIRECTIONS

- 1.) Heat oven to 450°F.
- 2.) Place peanut butter cups in a single layer on the bottom of an ungreased 10- or 12-inch skillet; top with marshmallows.
- 3.) Bake 5-10 minutes or until marshmallows are golden brown and toasted.
- 4.) Serve with graham cracker pieces for dipping.

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**HOT OFF THE PRESS**

Congrats to John for making the cover of TN Trial Lawyers Magazine. This time for being elected as President!



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WE ♥ LOVE OUR CLIENTS!

