



# Your Best Life

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MARCH 2018

## Manage March Madness

### Top 5 Actions to Gain Control of Your Day

**M**anaged Chaos.... That is what my life seems like most days. Running a business, dealing with arrogant insurance defense lawyers, claims adjusters, being a husband, father of 5 children, being involved in church, involved in my community, coaching football, meetings, speaking, ... Sometimes it is overwhelming.

I spend a lot of my time simply managing my time. It is a continual improvement process, and I never seem to always get it quite right. However, here are the Top 5 actions that have helped me improve my day and help me get things done. A lot of this is just plain ole common sense, but hopefully some of these will help you as they have me.

**1. Daily To-Do List.** A written plan every day is a great start. After my morning quiet/prayer/meditation time, this is the next thing on my daily list. This seems so simple, yet it is imperative as my to do lists grow gargantuan size.

**2. Taking small steps.** When I began writing my first book, it seemed daunting to me. It was so overwhelming I was

paralyzed due to the amount of work that goes in to it. I decided to break it into small bites, just one chapter a week. Before long, it was done! It takes a long time to eat an elephant. Just start one small bite at a time.

**3. Turn off all notifications on iPhone and Outlook.** This was a big deal for me. I don't need to stop what I am doing on my computer just because someone sent me an e-mail. I have not missed any emergencies. My wife and office know to call or text me if they need me.

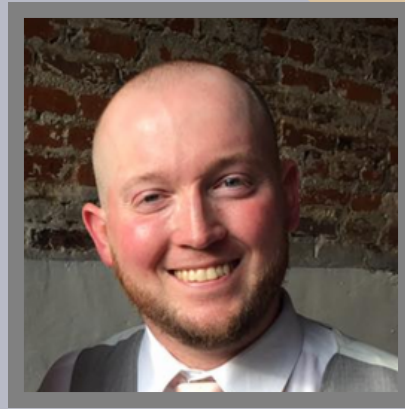
**4. Time Blocking.** I block my entire week every Friday afternoon. I schedule my next week, including times I will return calls, and my staff knows not to interrupt me during my blocked session times unless it is an emergency.

**5. Scheduling Return Calls.** My business mentor suggested this and it has been a valuable time saver. I can't just take every single call when it comes in. These calls are scheduled for a mutually convenient time that both sides agree to engage.

*It takes a long time to eat an elephant. Start one bite at a time.*

# Staff Spotlight

## Case Manager: Kirby White



Hailing from Columbia, Tennessee, our case manager Kirby White started at GriffithLaw in June of 2017 and has been keeping us laughing ever since! Not only does Kirby skillfully negotiate with insurance companies to achieve the best result for his client, he also offers each individual sympathy and compassion recognizing the difficulties they are experiencing.

### What gets you out of bed in the morning?

*My alarm... but really just knowing I am one day closer to never having to go to school again!*

### What is your favorite weekend activity?

*In the Fall my weekends are spent either going to or watching Tennessee Vols football games. I love paying sports and hanging out with my friends but I also genuinely just love doing nothing and being lazy when I can.*

### Who inspires you?

*My dad. He is the hardest working person I know and I definitely get that from him.*

### What is your favorite local restaurant?

*Without a doubt --LaHacienda in Nashville on Nolensville Pike. It is where President Obama went to eat when he visited Nashville a few years ago, and now I just call it "Obama's" because of all the pictures they have hanging of him. It may be my favorite food of all time.*

### Do you have a favorite quote?

*I really like a quote from Harper Lee in To Kill a Mockingbird: "Things are never as bad as they seem." I am a big fan of keeping things in perspective and not over-reacting to situations.*



### What sparked your interest to work in the legal field?

*My great grandmother was a big influence in my life. She was treated very poorly by an attorney in the 1950's and always told me how she wished I could be an attorney to help people like her who didn't get the help they needed. So here I am.*



## Car Wreck 101 Best Way to Pay Your Medical Bills

Below are the simple answers you need to know.

### 1. Health Insurance is KING.

Yes, you DO want to use your own health insurance. The hospital may say that they don't take health insurance, but that is simply not true. They have contracts with your own health insurance plan in which they take steep discount rates. So when they tell you that you cannot use your valid health insurance plan, and need your car insurance information, you can insist that they can use your health insurance.

### 2. Medical Payments Coverage

This is a coverage that you choose whenever you take out your car insurance either through your agent or online. You must have it advance of any collision. This money will reimburse you for your medical charges, co-pays, prescriptions, and in some policies your lost wages. It will usually cover transportation to and from doctor's visits.

### 3. Provider Liens

In a few cases, the medical providers will accept your case on a LIEN, or promise to pay later. This is totally up to the discretion of the medical provider. If they choose not to do this, it is not an option. Most will accept liens with a legal contract that requires them to be paid first out of any settlement.

### 4. Funding Providers

Some funding providers, like Injury Finance, Key Health, and others will assist injured parties by advancing medical costs. This is not the best option if you have health insurance, it is still a very good option in many circumstances. These finance companies pay for the medical notes, then get reimbursed at the end of your case, similar to the Provider Liens.

"I was in a head on crash and my neck was broken. It was the most painful injury I have ever had...I have never had a situation where I could not take care of myself and was totally at the mercy of my caregivers. I asked around of who a good lawyer was and I was referred to John. I was told that he was an ace in court if needed, and was very honest, and did what he said he would do. I was also told my case would likely settle if I hired him as he is known as a true litigator. Every bit of that has turned out to be true. I was able to get an excellent settlement shortly before trial. I felt like I had a fighter that was there for me above all else, even above himself. I still hurt, and I will forever until I die. But I know that it would have been worse and I would be in not as good as shape financially if I wasn't able to get John on my side."

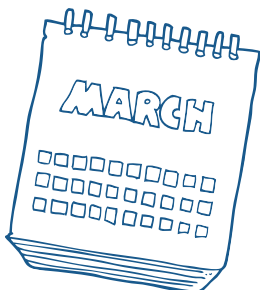


--Cliff

Client and Friend  
from Antioch

# FESTIVE FUN

Pencil in  
these dates!



- Daylight Savings -11th
- St. Patrick's Day - 17th
- Music City Irish Fest - 17th - 18th
- 1st Day of Spring- 20th
- Eagles Concert - 24th



*May love and  
laughter light  
your days.*

## A Taste of Ireland Savory Shepherd's Pie

Recipe inspired by Genius Kitchen

Celebrate St. Patrick's day with this hearty comforting dish.

Ready in 30 minutes

Serves 6

### Ingredients

- 1 lb. ground beef
- 2 cups mashed potatoes, hot
- 4 ounces cream cheese
- 1 cup shredded cheddar cheese
- 2 cloves minced garlic
- 4 cups frozen mixed veggies, thawed
- 1 cup beef gravy

### Directions

Preheat to 375F Brown meat in skillet and drain.  
Mix potatoes, cream cheese, 1/2 cup pf the shredded cheese and the garlic until blended.  
Stir vegetables and gravy into meat.  
Spoon into 9-inch square baking dish.  
Cover with potato mixture. (Don't worry about it being perfectly even)  
Sprinkle with remain 1/2 cup shredded cheese .  
Bake for 20 minutes or until heated through.

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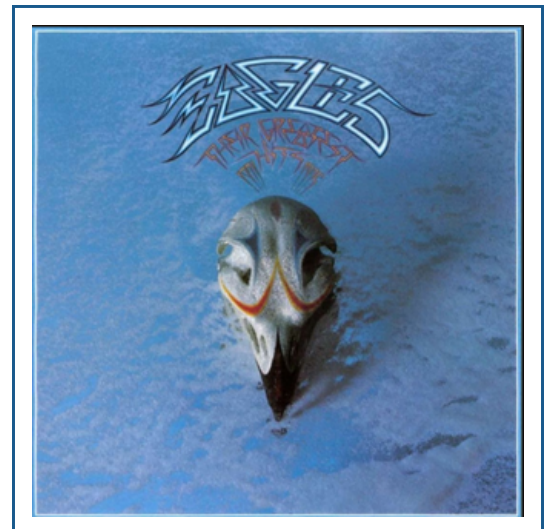
WIN  
2 TICKETS!

## GriffithLaw Giveaway

We all need to "Take It Easy" once in awhile! This month we are giving away 2 amazing tickets to see the Eagles at Bridgestone Arena on March 24th !

Entry is simple and you may enter up to 3 times on our Facebook page! Winner will be announced March 19th !

Contest will close March 18th at 10:00 pm CST



ENTER TO WIN AT [FACEBOOK.COM/GRIFFITHLAWPLLC](https://www.facebook.com/GRIFFITHLAWPLLC)

