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A NEW YEAR'S HABIT

Why Resolutions Fail and How to Beat the Odds

If you're one of the 50 percent of Americans who view the new year as a perfect time to make a positive change in your life, the odds are stacked against you. Research from the University of Hertfordshire in the U.K. found that 88 percent of New Year's resolutions fail. But don't feel discouraged! Here are three steps you can take to help your New Year's resolution beat the odds:

Don't Be Abstract

According to Dr. BJ Fogg of Stanford University, New Year's resolutions tend to fail because "people aren't picking specific behaviors. They're picking abstracts." This means we're identifying vague destinations we want to reach without creating a map for how to get there.

With resolutions, ask yourself "How?" What action steps will you take? "I'm going to enjoy life to the fullest and see a new play every month," or "I plan on getting healthier by no longer drinking soda." Start with tiny steps that you can build on to become better habits in your life.

Take It One Resolution at a Time

Stanford University's Professor Baba Shiv says people can suffer from "cognitive overload." That is, our pre-frontal cortex — the part of our brain responsible for handling things like resolutions — doesn't do well with too many tasks. Pick just one resolution you care about, and you'll be more likely to succeed.

Remember, Setbacks Aren't Failures

We're only human, and we're going to make mistakes. Just because you broke down and ordered that double cheeseburger, skipped a workout, or bailed on going to that new swing dancing class doesn't mean your resolution is finished. A New Year's resolution only fails if you stop trying.

There is something very poetic about starting good habits on the clean slate of a new year. By taking these steps, you can make sure those new habits stick.



MY FAVORITE ATHLETES

When They Play, Kids Win in More Ways Than One

January is a big month for sports. The NBA is in full swing, and professional football is winding down with the season's biggest games. Every Sunday of the season, my wife and I try to watch the Bears play, but we are usually booked with our favorite athletes to watch — our children. To us, though, the professionals aren't our focus when it comes to sports. In my experience, sports should be about bringing out the best in people, and that's why our main focus is on our kids' teams.

My kids have always played sports, and it's done a lot for the growth of their character, as it did for mine. Like a lot of kids, I went into high school expecting to become an NBA superstar someday. I wasn't thinking as much about other sports. During my junior year of high school at a small high school in Yakima, Washington, I took up cross-country during the offseason to stay in shape for basketball. It was just supposed to be a side jaunt, and I never planned on being competitive. But life has a way of surprising us, and running with that team changed my life.

My cross-country coach, Phil English, changed my life. Coach English expanded my vision and taught me to think

big — really big. I was just thinking about making the team, but he was thinking about winning the state title. He backed up his vision with some excellent coaching and picking me up for daily practice at 6:30 a.m., a schedule which was very new in my life. I



ended up taking third at state my first year, and I was state champion the next. It was more than I ever expected. I ended up running competitively all the way through college and for another decade after that. All of that because Phil English believed in me and instilled in me a belief that hard work and discipline would pay off.

To put it simply, playing competitive sports shaped the man I am today. I firmly believe I never would have gone on to law school if it wasn't for athletics. Now, my goal as a coach is to pass on those lessons along to the kids I coach. I've coached youth sports long enough that some of the kids I worked with as grade schoolers are out of college. Seeing their growth and development is a tremendous reward.

There are so many lessons I hope today's kids are learning. Number one, I hope they'll continue to get off the couch and participate in activities outside of school or work throughout their lives. More importantly, just like Phil English inspired me to do, I want them all to think big, dream big, and reach for fantastic goals. One of my parish priests, Fr. Ken, once told me that God created only superstars, and that God ingrained in each and every one of us the tools to make a huge difference in the lives of others. I firmly believe this as well. True happiness will come to us if we consistently strive to make a positive difference in the lives of others. I want my children and all of our children to know this. It is a powerful message. Thank you, Phil English. Thank you, Fr. Ken. You have both made a tremendous difference in my life and the lives of others.

We hope you have a wonderful 2017 and that you're able to accomplish all the goals you set for yourself!

— Joe Shannon

The holidays have come and gone, but many parents are still feeling a little dazed by the whirlwind of excitement and chaos. If you traveled during the holidays, you might be wondering how you could've done it without the Santa Claus leverage — "If you don't stop poking your sister, Santa's going to see and put you on the naughty list."

If you're traveling with young kids this year, you want to focus on what really counts — spending a few relaxing days away. Let us help you minimize the stress with the help of these simple tips.

Pack smart. When packing your kids' luggage, make sure the kiddos have everything they need, but don't overpack. Unfortunately, this may mean having to play the bad guy when kids want to bring their entire toy arsenal on the plane. Make sure the bag is easy for them to handle and that each item is essential.

Use apps. If space is an issue, bringing a tablet or phone with games downloaded is much easier than carrying a variety of books and games along for the ride. You can still limit your child's time on the device, but for long airport wait times or car rides, such a distraction can be the difference between breezy and breakdown.

Give them a say. Keep your kids interested in the journey by letting them be a part of it! Show them the path you'll be taking, tell them about where you're going, and let them document the adventures you have by photographing the whole thing. They'll be more excited about the destination and more actively involved in how you get there. If you take public transportation, let them have a seat by the window, and ask them about the people and places you see outside.

Traveling with kids isn't easy — any time of the year — but 2017 offers the chance to take family travel to the next level of relaxation. Whatever you do, remember to stay calm and focus on the memories. You've got this.



KNOW YOUR LEGAL EXPERT

3 Things a Good Lawyer Can, and Should, Do for You

When you think about what a lawyer does with his or her time, you might imagine one of two scenarios. On one hand, you might think about TV lawyers, who kick down doors in the pursuit of justice. On the other hand, you might imagine a lawyer sitting at a desk and acting as little more than an encyclopedia for legal jargon. With these images in mind, you may not actually know what a good lawyer can do for you.

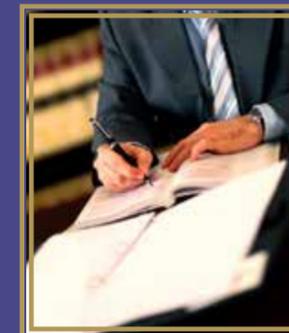
The reality of what a good lawyer can do meets somewhere in the middle of the two extremes. A good lawyer not only advocates for your rights and advises you in your case, but good lawyers also go above and beyond what's written in your contract to persuasively present your case to a judge, jury, or another attorney. But the requirements of a good lawyer don't stop there.

A Good Lawyer Prompts Investigation and Guides Your Lawsuit
Part of putting together a comprehensive case is compiling all the relevant facts, which your lawyer and his or her team can assist in doing. Using the facts of your case, your lawyer can guide you through the litigation process.

A Good Lawyer Recommends Other Professionals and Experts
Should you require medical or therapeutic attention, your lawyer should be able to recommend a trusted expert. Within your lawyer's professional network should also be experts whom he or she can call upon to uncover facts or evaluate evidence.

A Good Lawyer Can Protect Your Recovery
Your case isn't closed when a judge or jury grants your recovery. It's up to your lawyer to further negotiate with lien holders in your case. Your lawyer can protect you from insurers, medical service providers, and others who may seek to collect a portion of your recovery.

We want to make sure you know what a good lawyer can, and should, do for you. For more information, you can request a copy of our free book, "Transportation Law: Rights and Injuries," by emailing us at joseph@shannonlawgroup.com.



COMPETITION AT ITS BEST

Introducing Patrick Cummings

As an athlete growing up, Patrick Cummings always thrived on competition. Whether it was on the soccer field, basketball court, or baseball diamond, Pat loved to push the limits of what he was capable of. Now an attorney here at Shannon Law Group, Pat represents people who have been harmed by the negligence or recklessness of others, and Pat uses his competitive nature to help people who are facing these tremendous challenges. In

addition, Pat also represents individuals who have been injured on the job, people who have not been treated fairly by their own insurance company, and people who have been wrongfully or unlawfully fired by their employers.

For his entire legal career, Pat has represented people that have been harmed by others; often, this involves taking on large corporations and insurance companies. While defense firms and insurance companies may view litigation as simply a cost of doing business, Patrick understands that each case in our office matters tremendously to each client.

And these clients are what keeps Pat motivated. "Seeing a case from start to finish, and doing a good job on coming through for these folks, helps you come into work," he says.

Patrick lives in Chicago, where he and his fiancée, Caitlin, are parishioners at St. Alphonsus in Lakeview. He and Caitlin are looking forward to their September wedding next year. They are enjoying the city and all it has to offer. When he's not in the office, you may find Pat woodworking, playing a round of golf, or helping coach his alma mater, Benet Academy's, sophomore basketball team.



SUDOKU

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	5			6	1	
9		3			8	1
			8	9		
5		4	1			8
8	7	2				4
4	6	1		5		

SOLUTION

1	4	6	2	9	5	8	3	7
7	5	8	3	6	1	4	9	2
9	2	3	4	7	8	1	6	5
2	1	7	9	4	9	3	5	6
5	3	4	1	2	6	9	7	8
6	8	9	5	3	7	2	1	4
4	6	1	9	5	2	7	8	3
3	9	5	7	8	4	6	2	1

Once-a-Year Drop Doughnuts

New Year's resolutions were made to be broken, right? Okay, maybe not, but we won't tell if you don't. This easy drop doughnut recipe is perfect for that one last splurge before the diet **really** starts. Enjoy!

Ingredients

- 2 cups all-purpose flour, sifted
- 1/4 cup sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 teaspoon nutmeg
- 1/4 cup vegetable oil
- 3/4 cup milk
- 1 egg
- 1 teaspoon vanilla
- Oil (for frying)

Directions

1. Combine flour, sugar, baking powder, salt, and nutmeg.
2. Add oil, milk, and egg. Mix well.
3. Using a spoon, drop dough into hot oil.
4. Fry until light brown on both sides, turning once.
5. Drain well on paper towels.
6. While hot, turn in or sprinkle with plain, powdered, or cinnamon sugar.

Recipe inspired by food.com.