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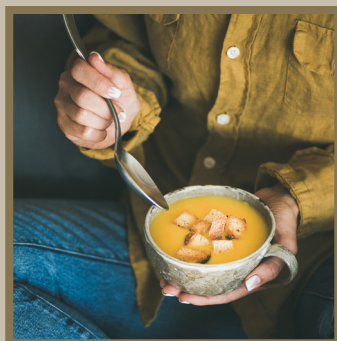
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Soup's On!

Perfect Your Soup Recipe With These 3 Tips

Soup is perfect for sick days and alongside grilled cheese, and Grandma always seemed to have a recipe to make everything better. For as simple and comforting as soup can be, recreating those memories from your stovetop includes a few tedious steps. Become a soup master with this go-to guide to winter's favorite dish.



oil and seasoning *before* you add the broth to capture the fullest flavor of these ingredients. Potatoes and other root vegetables can be added in the boiling phase, while leafy greens only need minutes in the pot toward the end to capture their full flavor.

Simmer to blend flavors.

Simmering is the key to a great soup. Once all your ingredients are in the pot, reduce the heat to a low simmer. This allows the flavors to play together without overcooking. If a soup is boiled for too long, the vegetables, meats, and/or pasta can become mushy and underwhelming.

Season gradually — but generously.

No one enjoys a bland soup, but too much seasoning can overpower the natural flavors of your ingredients. Add your seasoning to vegetables as they sauté in the pot before adding the stock. Then, add the stock and the remainder of your ingredients. Only add more seasoning as the soup simmers and do a taste test. Add a bit of salt and pepper until it's perfect! If you over-salt, don't panic. Adding more stock, potatoes, noodles, or cream can fix your soup in a pinch.

Bonus Tip: Always serve your soup with bread, toast, or crackers. It's the perfect vehicle to soak up all the flavors!

Mind your peas and carrots.

The magic of a hearty minestrone or old-fashioned chicken noodle soup comes from the flavors of vegetables to create the perfect blend of comfort and taste. However, overcooking or undercooking vegetables can ruin this delicate balance. So, consider the vegetables you want in your soup and plan accordingly.

Start by chopping vegetables into bite-size pieces that will easily fit on a spoon. No one wants a spoonful of soup that's just carrots after all! Then, add vegetables to your soup based on cooking time and flavoring. Carrots, onions, and celery should "sweat" in the pot with



The Law Offices of
Marc L. Shapiro, P.A.

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720 Goodlette Rd. N, Suite 304, Naples, FL 34102 • www.AttorneyShapiro.com

The ABCs of Setting Goals

A Different Framework for the New Year

The new year feels like a clean slate. Each January, many people make resolutions, but all too often, they've given up on those resolutions by the next month. I'm more into goal-setting myself, but the framework I use — Bob Proctor's ABC goals framework — turns a lot of conventional knowledge on its head. For example, Proctor tells us that a good goal is one that you *don't* know how to achieve.

Proctor's ideas about goal-setting are specifically geared toward self-growth. He says that goals should not be used for acquisition (e.g., getting a new car or a promotion at work) but rather for growth. In order to begin to achieve that growth, you need to think big. That's where the ABCs come in.

A-Level Goals

If you've done it before or know how to achieve it, it's probably an A-level goal. It's fine to set goals at this level, but be aware that you'll just be sticking with the status quo. Don't expect A-level goals to improve your life or lead to significant self-growth.

B-Level Goals

Unlike A-level goals, a B-level goal is something you haven't done before. However, B-level goals are ones that you would not struggle to achieve. These goals are realistic, but that's what makes them less likely to produce remarkable results.

C-Level Goals

Here's how to know if your goal is in this category: It scares but excites you. You have no idea how to achieve it. It feels unrealistic. You might be wondering how you can even begin to

achieve a goal without a clear path to success. That's the thing about C-level goals — they light a fire in your belly, and that excitement is what can propel you in the right direction.

This is really where Proctor diverges from conventional goal-setting wisdom. He doesn't want people to set SMART (specific, measurable, achievable, relevant, and time-bound) goals if they're also small goals. Since he prioritizes growth above all else, he knows that the goals you set may not be achievable in one month or even one year, but once you set C-level goals, your enthusiasm and desire to achieve them is what will keep you heading in the right direction day after day. If you're that passionate about something — and if it's a C-level goal, you will be! — you'll be naturally motivated to continue to strive to achieve that goal.

This is the level I encourage my staff to think at when we get together to discuss our annual and quarterly goals. We're always looking to grow. This year, for example, we're hoping to open up an office in Fort Myers so we can expand the reach of those we can help in Lee County. But I also want us all to be thinking bigger than that.

Proctor's method appeals to me because, in the past several years, I've focused a lot on personal development and self-growth. I've even hired business coaches to support me even when I'm doing well. That's because it's not enough to be a good attorney and litigator and get good results. As a business owner focused on growth and helping as many people as possible, I also need to know how to run the company well and hire the right people to help achieve our mission.



As the law firm grows, I need to grow with it. If I don't, the firm will never reach its full potential, and I'll never be able to help people in this community at the level I desire to.

Setting big goals doesn't guarantee you'll never get knocked off course. We need to look no further than 2020 to understand that the unexpected can happen. Like most businesses, COVID-19 impacted us and even set us back for a time, but when we eventually rebounded, we were doing even better than expected. We kept all our staff and made sure their jobs were safe. We kept advertising. That persistence comes from staying focused on the big picture and making necessary changes as you go.

Here's to finding the goals that scare you in 2021.

Marc L. Shapiro

Let That Fresh
Air Fuel You

4 Tips to Make Getting Outside Easier

Hunkering down and waiting for the dark and chilly winter season to pass sounds pretty nice. But the reality is, if we deprive ourselves of time outside, we do ourselves a big disservice both mentally and physically. Staying indoors all day affects your energy and mood, which makes it hard to get anything done, so here are four easy tips to make it easier to get a little fresh air.

1. Make it a priority. Getting outside means making the conscious effort to do so. If you want to reap its benefits, you have to decide to make it a priority in your day-to-day schedule. If you make the act important to you, you have more motivation to actually do it.

2. Use mornings effectively. Waking up and getting the day started can be hard. But studies have shown that natural light helps decrease your melatonin production, which means you feel ready to face the day sooner. So, set yourself a second alarm to head outside and take a quick walk around the block just after waking. Don't even wash your face or grab coffee. Just get out there.

3. Take your work outside. If you're working from home, take some work outdoors. Phone and virtual meetings are a great outdoor option, especially if you'll just be an active listener and aren't required to do any work simultaneously. Attach a note to your meeting reminders to get yourself set up outside five minutes before you start.

4. Create a schedule. It might feel strange to set reminders throughout the day to step outside, but you easily get wrapped up in activities and overlook breaks, and these reminders are exactly what you need. Start with 10-minute blocks three times a day. If you stick to them, soon you won't need a schedule to get outside anymore.

Winter weather may be cold, but even when you're bundled up under a jacket and scarf, just 5–10 minutes outside can do wonders for your mood and energy for hours.

5 Questions to Help You Understand Your Case's Time Frame

If you've filed a personal injury lawsuit for injuries that resulted from someone else's negligence, it's natural to want to settle the case quickly to get compensation to cover the cost of your medical bills. However, personal injury lawsuits can take weeks, months, or even years to settle.

Here are five questions to ask to better understand your case's time frame.

How severe were my injuries?

Understanding the full extent of severe injuries takes time. If you suffered a traumatic brain injury, your case will likely take longer than someone who suffered a less severe injury, like a minor sprain. That's because you need to have a complete picture of your loss in order to get the compensation you deserve, which means waiting to return to your pre-injury state, or as close as possible, before settling your case.

How cooperative am I?

This is where you have the most control. It's important to fully cooperate with your attorney throughout the legal process, share relevant information, and convey any requested materials, like medical records or bills. Also, to avoid unintentional delays, keep your contact information current.

How cooperative is the defense?

Unfortunately, you have little control over the defense's cooperation. They will often try to delay the claim process in hopes that you'll give up or accept a lower settlement. This is why it's important to work with a qualified attorney who will not allow you to give up or give in. It's better to wait than to settle for nothing or less than you deserve.

How complex is my case?

Some cases are more complex than others. Most car accident claims are resolved quickly because identifying the at-fault driver is relatively simple. However, a medical malpractice claim may take more time because your attorney will need to consult outside experts to prove negligence.

What's my case's jurisdiction?

If you've filed your case in a court with a lot of open cases, it may take longer to get your case settled than it would in a jurisdiction that has fewer cases.

Remember, only some of these variables are within your control. Don't let a slow-moving case deter you from getting the compensation you deserve. Contact *The Law Offices of Marc L. Shapiro, P.A.* to get help with your personal injury claim.

To learn more about this and other topics, visit our blog at **AttorneyShapiro.com/blog**.



Korean Beef Rice Bowls

This sweet and spicy rice bowl comes together in just 30 minutes and serves four.



Ingredients

- 1/4 cup low-sodium soy sauce
- 2 tsp light brown sugar
- 1 tsp sesame oil
- 1/2 tsp red pepper flakes
- 1 lb lean ground beef
- 1/4 cup yellow onion, chopped
- 2 garlic cloves, crushed
- 1 tsp fresh ginger, grated
- 2 tbsp gochujang sauce, or more if desired
- 3 cups cooked brown rice
- 1 small cucumber, sliced
- 1/2 tbsp sesame seeds, plus more for topping
- 2 scallions, thinly sliced

Directions

1. In a small bowl, combine soy sauce, 2 tbsp water, brown sugar, sesame oil, and red pepper flakes.
2. Spray a deep, nonstick skillet with cooking oil and place over high heat. Add the ground beef and cook until browned. Break up the meat with a wooden spoon as it cooks.
3. Add the onion, garlic, and ginger to the meat and cook for 1 minute.
4. Pour sauce over the beef, then cover and simmer on low heat for 10 minutes.
5. Divide rice evenly into four serving bowls. Top each with scant 2/3 cup beef, cucumber slices, sesame seeds, scallions, and gochujang, to taste.

Inspired by *SkinnyTaste.com*

'Put Me in a Winning Position'

ONE CLIENT'S FEEDBACK



"I have been in a few situations where I thought my world was going to collapse right in front of me. Contacting the law firm of Marc L. Shapiro put me back at ease and comfort that I'd have an outcome of sure success and potential. This law firm has handled everything, from settling a law dispute with an individual and recovering what was rightfully mine to guiding and reviewing documents thoroughly to put me in a winning position. I encourage anybody that has a legal situation to do your due diligence and select the law firm that puts you first above anything else. Thank you, Marc L. Shapiro, and the staff and team of *The Law Offices of Marc L. Shapiro, P.C.*"

-Susan T.

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BEGINNING
CELEBRATION
CLOCK
COUNTDOWN
FAMILY
FIREWORKS
FRIENDS
JANUARY
MIDNIGHT
NEW
PARTY
WINTER
YEAR