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The Mottley Law Firm

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For the Win

## NO MONKEYING AROUND

### HELPING HANDS MONKEY HELPERS FOR THE WIN

You've heard of service dogs, but what about service monkeys? For many years now, capuchin monkeys have been lending helping hands to people with disabilities!

Helping Hands Monkey Helpers, located at Monkey College in Boston, Massachusetts, is a nonprofit organization designed to help people with disabilities and mobility issues, such as quadriplegia, by pairing them with a monkey service animal. These simian helpers are specifically trained to help with daily tasks while providing companionship, happiness, and a renewed sense of purpose that many struggle with when navigating an injury or disability. When monkeys graduate, they will have developed the ability to navigate major household appliances and electronics as well as basic items within the home. They can even retrieve a canned beverage from the refrigerator, open it, and put a straw in it!

A service monkey can also assist with retrieving things that are dropped or out of reach, turning pages in a book, scratching an itch, pushing buttons on electronic devices, and performing other menial tasks within the home.

Each human applicant and the capuchin monkeys undergo a pairing process to find the best fit for placement! A social worker and placement specialist work together to sift through applications and determine which monkeys will be the right choice for the applicants based on lifestyle preferences and the tasks that will be most helpful to the person with disabilities. Plus, Helping Hands Monkey Helpers ensures that the monkeys are completely free of charge to the recipients!

The human-animal bond created along the journey after placement is absolutely beautiful. Helping Hands Monkey Helpers brings love, companionship, and laughter to many who are fortunate enough to work with the organization. These monkeys are the best, hands down. And, monkeys, thank you for going to monkey college, and thank you for your service!



## NO, IT'S NOT TOO EARLY TO THINK ABOUT 2022

### MY TOP 5 TIPS FOR SETTING GOALS

November is one of my favorite months of the year because it is a month of many changes — cooler weather being one of them. When you get to November, the end of the year is in sight. And if you're into planning and goal-setting on an annual basis like I am, this is the month when you really start to understand what you've accomplished and think about the year ahead. As soon as the cool front moves in, I know it's time for me to formulate my goals for the upcoming year.

Fortunately, this is a good month to do some planning in the practice of law. The legal field starts to slow down a bit in November, and people tend to avoid scheduling court dates around Thanksgiving, which knocks out the last part of the month. Once you get to December, well, people tend not to schedule anything that month, either, due to the holidays.

That is not to say these months are always slow. Over my career, I've had some incredibly busy Novembers and Decembers. This year may be one of them. We actually have a trial scheduled for Dec. 20-22. That is not my favorite time to have a trial, but I will be glad to finish the case for my client, whose trial has already been delayed more than a year due to the pandemic.

That said, normally the slowdown in November and December provides some great opportunities to clear my head and do some planning and goal-setting. If you have a similar opportunity, it's not too early to think about 2022! Here are my top five tips for successful goal-setting.

1. **Calendar it.** To set your goals for the upcoming year, I suggest scheduling some time on your calendar when you will not be distracted and your brain will not be cluttered. I'd also suggest getting away from your desk. Leave the office and go to a library, for instance, or perhaps a coffee shop where you won't see people you know. This will give you the clarity and focus you need to think big.
2. **Write them down.** Write down your goals and keep them with you where you can see them every day. Right this minute, I have my annual goals from last year printed on a small laminated card in my pocket. The font is tiny, but it's a great way to ensure I see my goals every day, and it keeps me on track!



3. **Set BIG goals.** Many people recommend being "realistic" with your goals and not "setting yourself up for disappointment." But I think that's bad advice. How many astounding achievements are made by people who set "realistic" goals? To succeed, I think you should be *unreasonable* with your goal-setting.

Throw out big, optimistic aims for the next 10 years. Then break those wild dreams down into manageable chunks on a quarterly, annual, and five-year basis. These goals shouldn't be completely untethered from reality — if you're a tech entrepreneur, for example, maybe don't decide to become a restaurant mogul overnight — but they should not be safe bets, either.

4. **Go beyond your career.** Your goals don't have to be strictly work-related. I make resolutions for my personal health and relationships, and back when I was a student, I set goals for my education. You can do the same to keep your *whole* life on track.
5. **Revisit last year.** Last but not least, if you made New Year's resolutions last year, don't forget to revisit them and clean house. You can toss out goals that no longer apply or that you've achieved and refresh others for this year. To make narrowing things down a little easier, I'd suggest ranking your goals from most to least important and prioritizing the top three in each category.

Happy holidays and happy goal-setting!

—Kevin Mottley

## SPENDING THE HOLIDAYS ALONE?

### BOOST YOUR MOOD WITH THESE TIPS

Many Americans spend the holidays alone every year, and the pandemic has only made it more difficult for people to see their loved ones, as travel has become more restricted and strenuous.

If you're one of these people who are spending their first holiday season alone this year, here are a few strategies you can try to make the situation a little easier.

#### Don't hold yourself to the usual standards.

One of the best things about spending the holidays alone is that you can do things your way. You don't have to worry about meeting everyone else's standards. Instead, you only have to make yourself happy. Simply telling yourself that you are not going to have the usual holiday environment can slightly help, but redefining what the holiday means to you can remove a huge weight. Trying new things or looking toward the future are great ways to reduce the stress of spending the holidays alone. Keeping up with old traditions may remind you of what you're missing out on, so it can greatly help to create your own traditions.

#### Plan ahead.

If you know in advance that you're going to be spending the holidays alone, planning ahead can prevent negative feelings. While being spontaneous can sometimes keep things fresh, it could leave you with a feeling of hopelessness about what to do next. There's no need for your list to be extensive or highly detailed, but even just planning to watch a movie or cook some of your favorite dishes can give you something to look forward to.

#### Take care of yourself.

Just because you're not seeing people during the holidays does not mean you should forgo your basic needs. Stick to your regular hygiene habits and do not let them get away from you. The same goes for eating and sleeping. Staying clean, well-fed, and well-rested goes a long way toward improving your happiness.

As with all mental health advice, what works for some does not work for everyone. Do what you think will work best for you and help you keep your thoughts happy.



## YOUR REFERRALS MADE MY YEAR!

THANK YOU FOR LETTING US HELP



After the chaos of 2020, I hoped things would calm down in 2021, but no such luck. Fortunately, I have a superhero on my side helping The Mottley Law Firm through these tough times: you!

Yes, you read that right. If you're reading this newsletter — and especially if you have hired my firm this year or sent a friend or family member our way — you're at the top of my thankful list. Our law firm relies on word-of-mouth referrals from clients and partners to keep its doors open, and you've provided them!

Thanks to you, we've achieved many of our annual goals (read more about my goal-setting strategies on Page 1) and helped more people than ever before. We settled several landmark traumatic brain injury, spinal cord injury, and other personal injury cases, giving dozens of badly hurt people and their families a new lease on life. We also worked on vital family estate disputes and business disputes that were life-changing for the folks involved.

So, I'll say it again — thank you! It means a lot that you trust us to do what's best for the people you love. And if you haven't sent a referral our way, it's never too late to do so. You can pass on our contact information — visiting [MottleyLawFirm.com](http://MottleyLawFirm.com) or calling (804) 823-2011 are the best ways to get in touch — or reach out to us for advice on how to help a friend in need. If we don't have the tools to resolve their case ourselves, I promise we'll know another attorney who can. All you need to do is ask.

All the best,

*—Kevin Mottley*

## SCORE A FREE THANKSGIVING DINNER OR DONATE TO THE CAUSE!



If you're not much of a cook or are going through a tough time financially, Thanksgiving can be one of the most disheartening times of the year. Fortunately, multiple organizations and restaurants in the Richmond area have your back! These two groups offer free Thanksgiving meals to those in need and also accept donations if you have the means to give.

#### 1. The Giving Heart Community Thanksgiving Feast

This annual event put on by The Giving Heart feeds hundreds of people each year in the Greater Richmond Convention Center. Last Thanksgiving, volunteers also offered carryout meals, curbside pickup, and essentials like clothing, blankets, and toiletries. This year, the event will be totally to-go! To learn more about the feast and how to donate if you can, visit [TheGivingHeart.org/General-Information](http://TheGivingHeart.org/General-Information).

#### 2. Richmond Food Bank

The Richmond Food Bank is an amazing organization that provides meals to food-insecure Virginians year-round — including on Thanksgiving! Last year, the nonprofit's Thanksgiving Food Drive brought in 18,000 pounds of food that were redistributed throughout the community, and they're on pace for another great year. The Food Bank offers weekly grocery drop-offs, and folks in need can sign up online by visiting [RichmondFoodBank.org](http://RichmondFoodBank.org) and clicking "Get Help." You can also learn how to donate or volunteer there by clicking the "Donate" or "Volunteer" buttons.

Diversity Richmond, Your Place Sports Bar & Grill, and Mr. Girlee's Kitchen also gave away Thanksgiving dinners last year, so keep an eye on their websites and social media pages for updates. They could come through again in 2021!

## SUDOKU

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#### SOLUTION

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



### DIY HOLIDAY EGGNOG

#### INGREDIENTS

- 6 egg yolks
- 1/2 cup sugar
- 1 cup heavy whipping cream
- 2 cups milk
- 1/2 tsp nutmeg
- 1 pinch salt
- 1/4 tsp vanilla extract
- Cinnamon and whipped cream, for garnish

#### DIRECTIONS

1. In a medium bowl, whisk the egg yolks and sugar until light and creamy. Set aside.
2. In a saucepan over medium heat, stir together the cream, milk, nutmeg, and salt. Bring to a simmer.
3. Add a spoonful of the milk mixture to the egg mixture. Whisk vigorously and repeat, one spoonful at a time.
4. When most of the milk is whisked in, add the egg mixture to the saucepan.
5. Whisk until the liquid thickens slightly or reaches 160 F. Remove from heat and add vanilla extract.
6. Pour the eggnog into a glass container and cover. Refrigerate.
7. When the eggnog has thickened, pour it into glasses, garnish, and enjoy!