INHALE THE FUTURE, EXHALE THE PAST

Can we all take a deep breath and **exhale** 2021 (and 2020) and **inhale** this new year? Mentally you might still feel like you’re in 2021 or even 2020 – you’re not the only one. We can acknowledge the challenges and hardships the past two years brought many of us around the world. And there’s likely more challenging times coming but let’s embrace the present and what’s yet to come. You don’t have to be big on resolutions to put your best foot forward and claim this year as the best one yet!

*Mindfulness* is a quality we could all adopt more of this year. To be fully present, to listen with intention, paying attention in the moment and having an attitude that is curious, kind and non-judgmental. Did you know that focusing in the moment can **improve our overall well-being and help our relationships**?

We should mention that thinking about the future can also trigger some anxiety – but in general research suggests that it can make our lives more fulfilling. We aren’t experts on how to live a life that is rich and meaningful, but we thought we would share some tips on how thinking about your future can add value to you.

**It helps you decide how to act.** Thinking about what’s next and ahead can help you make decisions here and now. Sometimes you might find yourself choosing long-run gains over short-term rewards.

**It motivates us.** Easier said than done, right? If you judge an event or milestone in your future as “likely”, it could backfire. Be sure to put those positive affirmations out there and put in the work to make it happen. This futuristic thinking can motivate you to take the steps to achieve your goals.

**It improves your well-being.** Besides helping you get better at achieving your goals, there is evidence that thinking about your future can improve your health in general. It helps position your mind in a state of gratitude. Try jotting down (in your mind) or on paper “three good things ahead” daily and watch your perspective change for the better.

**It influences how we treat ourselves and others.** Imagining yourself helping someone in the future may make you more likely to do so. If you ever willingly helped someone in need, you might’ve felt inspired to do more for others in the future.

There’s no right or wrong way to approach mindfulness and again, we aren’t claiming to be experts. We’re here to provide you with the encouragement to step into 2022 with more generosity, happiness, gratitude and meaning. Until next time.
**Q: Do I qualify for an expungement?**

A: An expungement is a court-ordered process in which a legal record of an arrest or criminal conviction is sealed or completely removed from your record. Most states don’t offer an expungement to all convicted criminals. Before submitting your application, you can speak with an attorney who can check if you are eligible to have your record sealed.

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**Suhre Squad Staff Spotlight**

This issue we are highlighting Allison Dudek, our client intake and relations specialist. She assists both attorneys and potential clients. She helps the potential client with their needs and directs them to the correct attorney.

She attended University of Dayton.

Authenticity, compassion, and fairness are some of the values that drive her.

Allison’s favorite movie is *Princess Diaries 2*.

She was born in New Jersey.

She was in a commercial with Eli Manning in high school.

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**Winter Word Search**

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G A B A F R O Z E N X B S E R
L L N E S M T R S W Y R C L E
B Y O R N E S S A I A I O D I
A H R V A W N G K N G E F Q N
T S A N E A O I E T S D E C D
T L A N S S W B C E M E B T E
R G O M U A N A I R A P R P E
H S H O V E L P I N B E U S R
T E O P S T Y V I W L A A L E
B E O G H R H A W S C A R F K
U N M I A I N K H E A N Y O B
A S N U V B T U J A C H O Q T
L H N Y E R Z J A C K E T K E
C A L D L H J H A H O D S I L
J G A Y J O Y A A L L Y N E G
N E Q R Z B L I Z Z A R D S R
M H A N S G R Y A V J T U W E
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Winter | Snow | Gloves | Blizzard | Frozen | Ice | Shovel | Scarf | Jacket | January | February
Congratulations to Joe Suhre! He was selected to the 2022 Super Lawyers Ohio and Kentucky list. This is the 6th consecutive year he has been selected to this peer nominated list. In this month's issue of the Super Lawyers magazine Joe was interviewed about his family business, Indian Hill Bee Company. He is a law firm owner, lawyer, husband, father and beekeeper. The entire Suhre family helps with the day-to-day beekeeping business responsibilities. Indian Hill Bee Company has a pretty big fan base. From court rooms to keeping bees, Joe has found a sweet way to keep a work-life balance.

SAVORY SAUSAGE BALLS

This is an American classic that doesn't disappoint. It's easy to make too!

Preheat oven to 350 degrees.

In a large bowl, combine ground sausage, Bisquick mix and shredded cheese.

Shape into golf ball-sized balls. Place on baking sheet.

Bake for 20 to 25 minutes. Top with chives and serve with your favorite dip!

INGREDIENTS

- 1 pound of ground breakfast sausage (pork, turkey, etc.)
- 1 pound shredded cheddar cheese
- 2 cups of Bisquick baking mix
- ¼ cup of milk (if needed)
- 1 tablespoon of chives (optional)

Testimonials

What Our Clients Have to Say

“Every step of the way Ryan Nelson walked me through what would happen in my case and help me reach the outcome my family and I needed to keep my life on the right track. Along with his paralegal Adrian they are truly professional and know how to handle any situation you might face in a court of law. I recommend Suhre & Associates to anyone that finds themselves in a boat without a paddle. Thank you so much. I am grateful for all your help.”

BUD | FORMER CLIENT

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Be sure to check out our YouTube page for frequently asked questions, attorney profile videos and more.

Trivia Challenge

What is the birthstone for February?

A. Amethyst  B. Garnet  C. Diamond  D. Opal

If you answer correctly, you will be entered for a chance to win a $25 Amazon gift card. Submit your answer to newsletter@suhrelaw.com.