

S. Burke Law's Favorite Quotes

"Self-care is not selfish.
You cannot serve from an
empty vessel."

~**Eleanor Brownn**

"Celebrate endings—for they
precede new beginnings."

~**Jonathan Lockwood
Huie**

"Cheers to a new year and another chance for us to get it right."

~ **Oprah Winfrey**

"Your present circumstances don't determine where you can go. They merely determine
where you start."

~**Nido Qubein**

"Life is about change, sometimes it's painful, sometimes it's beautiful, but most of the time
it's both."

~**Kristin Kreuk**

"Every moment is a fresh beginning."

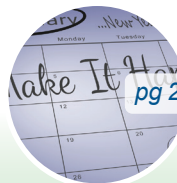
~**T.S. Eliot**

"If you don't like something, change it. If you can't change it, change your attitude."

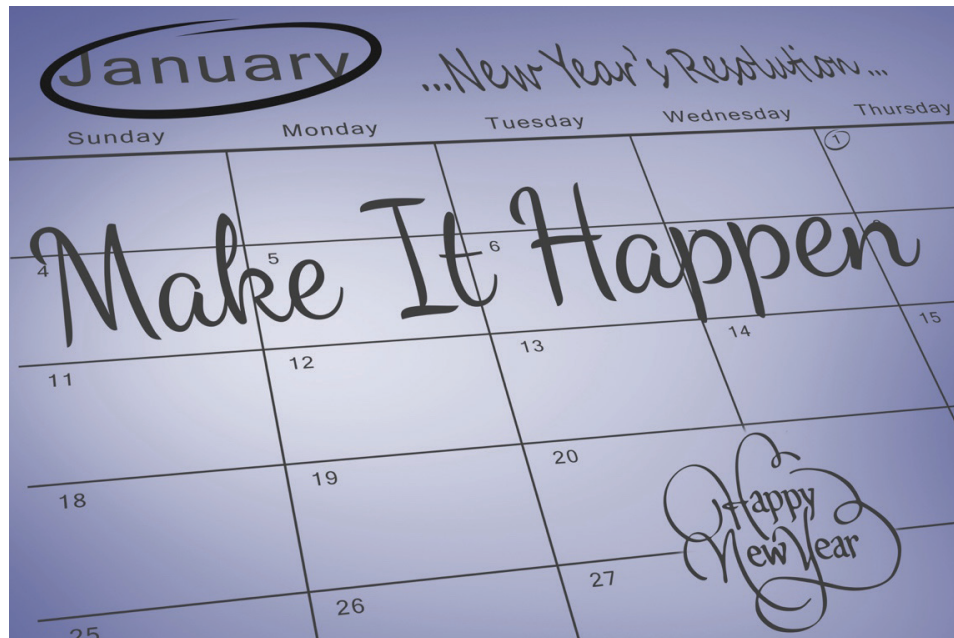
~ **Maya Angelou**



January 2022



3 Ways To Stick To Your New Year Resolutions



Most people embrace the “new year, new me” energy when the New Year arrives. It’s the time of the year when everyone wants to set goals, make plans, and get on track to be better than they were the year before. Everyone is excited to turn over new leaves and embark on new paths.

However, eventually, the excitement dissipates, and people lose the momentum. What started as motivation and determination becomes a lack of willpower and idleness as people fall back into their previous routines.

So, what can be done to avoid this? What can you do to keep building on the new year’s momentum and have it carry you throughout the year?

Here are three ways to stick to your New Year Resolutions:

Set monthly or quarterly goals rather than plan for the whole year.

Many people get overwhelmed when they set lofty goals and do not reach them. So set small, bitesize goals to increase your chances of accomplishing the goals you set.

Plan out what you will do to get back on track once you go off track.

Yes, you will go off track. That’s normal, but how will you get back on your path? Already having a plan in place will help you bounce back quicker.

Find accountability partners.

When you have someone else holding you accountable, it can be easier to do what you say you’re going to do. Accountability is a crucial component for accomplishing goals. Holding yourself accountable and having partners do the same can prove highly beneficial.

These are three simple ways to stick to your resolutions. Add what works for you to the list. The purpose is to set yourself up for success in the best ways possible.

Dr. Martin Luther King Jr.'s Dream Lives On Today



In 1963, Dr. Martin Luther King delivered the speech that has been forever embedded in our history. King's *I Have A Dream* speech touched not only the hearts of many but also painted a picture of a world many wanted to live in.

Today, in 2022, Dr. Martin Luther King's dream is still relevant. While there have been many changes since 1963, there are still things that need to evolve within this society.

There are still so many social injustices taking place. As a nation, we should review the I Have A Dream speech because somewhere along the way, we went off track. To truly make King's dream a reality, a significant revision of the problematic things we have upheld systemically would need to occur.

As we move through this new year, let's commit to imagining the type of world we would like to live in using Dr. King's dream as inspiration.

By focusing on what we would like to see and pairing it with aligned action, we can add to the collective where everyone feels heard, seen, and safe enough to dream a dream of their own.

So while Dr. King may no longer be with us physically, we can still take the path he's paved to continue the journey he started to free our minds and hearts.

"I have a dream that one day this nation will rise and live out the true meaning of its creed — we hold these truths to be self-evident: that all men are created equal."

- Dr. Martin Luther King Jr.



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CALL US TODAY FOR A FREE CONSULTATION!

Request your 2022 Calendar TODAY Courtesy of the Law Office of Sheryl Burke!

Our 2022 calendars have arrived and man are they swanky!!!

Start 2022 off right with your own complimentary calendar from attorney Sheryl Burke!

If you would like to request a calendar, give us a call at 404-941-1921 or email us with your name, and address including zip code to gabrielle@sherylburke.com!



***Please note our office will be closed on January 17th for Martin Luther King Jr. Day.
Normal business hours will resume Tuesday January 18th at 9 am ET.**

For comments, questions and to update your information or remove yourself from our mailing list email us at info@sherylburke.com. We love to hear from you!

Key Things You Need To Know About Personal Injury Claims

First things first, what is a Personal Injury?

A personal injury is an injury to the mind, body, or emotions. It doesn't involve property damage but more so damage to a person. Illnesses, accidents, or any incidents that result in physical or psychological trauma can fall under personal injuries.

Personal Injury law covers anything that involves a person being injured due to negligence. It could also include wrongful death, accidents on unsafe premises, and defective products.

Here are things to keep in mind when filing a Personal Injury Claim:

The first step is knowing if your case is a Personal Injury Claim or not. If you found there was any negligence and if you were injured or harmed as a result of this negligence, you might likely have a case on your hands.

Choose the right lawyer for your case. Your lawyer is an essential component in the whole ordeal. Your lawyer could be the determining factor for whether you win your case or not, so do your due diligence when selecting representation.

Insurance companies may try to lowball you. This is one of the reasons having solid counsel is essential. Having a lawyer on your team who can speak and understand the law and terminology will help you get the maximum compensation.

Depending on your case, the process can be short or long-term. This is something you would discuss with your lawyer. They can let you know how extensive your case may be and expected timelines.

If you think you may have a case and need representation, contact S. Burke Law Offices to see how we can best serve you.

