

5 Ways to Jumpstart Your New Year

If you're like most people this is about the time of the year when you start to abandon your new year's resolutions. New year's resolutions have a long, long history. Records show that ancient Babylonians started this practice nearly 4,000 years ago and, no doubt, they had no better luck than we have had in living up to our resolutions. Here's a fresh idea: Instead of resolutions how about a few simple ideas from a variety of experts to make 2022 better than last year? (Even just a little bit.)

1. Expand your thinking with new experiences. "Each month for 30 days in a row, commit to doing something new that you have thought about doing, but have not done, and notice how it affects your life," suggests Jack

Canfield co-founder of the *Chicken Soup for the Soul* series. "Some possibilities: do aerobic exercise for 30 minutes, listen to only positive music, don't read the newspaper, stop watching television, eat only vegetarian or raw food, verbally appreciate at least 10 people a day, get eight hours of sleep, meditate for 20 minutes, visualize your goals as already complete, do 20 minutes of yoga, or read a self-help book every morning for 30 minutes." Pick just one and "start this month and [do that one activity] for the next 30 days in a row and then assess how it has impacted your life."

2. Slow down to speed up. It may seem counterintuitive, but one of the best ways to speed up things in your life is slow down. Robin Sharma, leadership expert and author of *The Leader Who Had No Title* points out that "[i]t's easy to stay busy, moving as fast as you possibly can. But what's the point of spending your days climbing a mountain, only to realize at the end of this new year, you've climbed the wrong one?"

"The best businesspeople are staggeringly focused on their vital few—those few priorities that will yield explosive results. And the way to build this type of ... focus just might surprise you: Slow down. If only for 30 minutes each day, slow down to think, plan, visualize and recite your best moves in a journal. You'll become aware of your



When you de-clutter your workspace, you automatically clear your mind, allowing you to focus on what's important.

biggest opportunities, your smartest activities and your greatest tactics for growth. With this insight and clarity, you can then take actions that will drive excellent results. Commit to making it your breakthrough year and slow down for a bit each day. Then you'll be perfectly prepared to speed up. And win." And this works not only for businesspeople, but for everyone in both their work life and personal life.

3. Write a not-to-do-list. "There is a difference between being busy and being productive," observes Todd Duncan, sales expert and author of the best-selling *High Trust Selling: Make More Money in Less Time with Less Stress*.

"What are you wasting time on? Here's a powerful exercise. In 15- to 30-minute increments, keep track of each of your activities during the workday. Do this for a week. Then annualize the total amount of time for each activity that doesn't [improve your life]. How much

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Jumpstart...cont.

more [money] would you make per year if you did not do those activities any longer? How much more free time would you have for family? For health? Put those things on your not-to-do-list."

4. Clear Your Desk. Clear Your Mind.

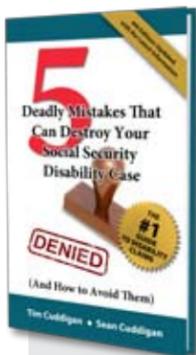
"This tip may sound silly, but it may be the best piece of advice you receive all year," claims Ramsey Solutions, a motivational and self-help company. "Get rid of all paper on your desk. File or scan what you need and throw away the rest. When you de-clutter your workspace, you automatically clear your mind, allowing you to focus on what's important. It's like having a fresh start every day."

5. Talk about it.

To make goals and aspirations tangible it helps to talk about them. "Something pretty cool happens when you talk about stuff," writes the Huffington Post. "It becomes real. When you talk about something, it feels more real to you and to other people."

"We're not taught to pursue our dreams. There's not much of a support system for it. So, when you talk about it, you're stepping outside what's normal among your friends and family. And people remember that."

Even if you can't or don't want to try all five of these suggestions, integrate just a couple of these ideas in your daily life this year and we think you will be more energized and motivated by time 2023 rolls around.



"5 Deadly Mistakes That Can Destroy Your Social Security Disability Case" is the #1 guide to improving the odds of winning a disability case.

For a FREE copy for you or someone you care about call Cuddigan Law at 402.933.5318 or email us at lawteam@cuddiganlaw.com

Social Security Offices Not Reopening as Proposed

The Social Security Administration (SSA) originally proposed to have employees return to the office by the beginning of this month, but these plans have now been put on back burner.

In a statement released in late December the SSA said: "You may have seen a proposed reentry date of January 3, 2022 in the draft reentry plan that we provided to our unions, or in the media. While some executives reentered on December 1, we have not set a reentry date for the rest of the agency."

Since March 2020 the more than 1,200 SSA field offices have been mostly closed to the public, or open by appointment for "dire-needs" only, which generated criticism from both taxpayers and Congress.

Field offices provide assistance on applications for Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI), as well as retirement and Medicare claims. In 2019, these offices served more than 43 million visitors.



Comfort Food From the kitchen of Janet Cuddigan

Stick-to-Your-Ribs Hamburger Soup

A hearty soup is a perfect winter night meal.

- 1 1/2 pounds ground beef
1 onion, minced
4 carrots, minced
3 celery ribs, thinly sliced
1/2 cup barley
1 (28 ounce) can diced tomatoes
2 cups water
3 (10 ounce) cans beef broth
1 can condensed tomato soup
1 bay leaf
1 tablespoon parsley
1 teaspoon minced garlic
1/2 teaspoon dried thyme
Ground black pepper, to taste

Heat a large soup pot over medium-high heat, and crumble in the ground beef. Cook and stir until the beef is evenly browned and no longer pink. Drain, and discard any excess grease. Stir in the onion, carrots, celery, and barley. Pour in diced tomatoes, water, broth, and tomato soup. Season with bay leaf, parsley, garlic, thyme, and pepper. Bring to a boil. Reduce heat, and cover; simmer for 2 hours, stirring frequently. Remove bay leaf before serving.

Adapted from allrecipes.com

Veterans Get More Response Time Due to Mail Delays



Slow mail service has prompted the Department of Veterans Affairs to extend normal response time limits for most veterans' benefits letters. The VA says that veterans will not be penalized for not responding in a timely manner to certain notifications such as reporting for a scheduled compensation exam, making an election of benefits,

letting the VA know about changes to their situation, or other similar responses. The VA is extending the limits for a normal response time by 90 days for any veteran who received an action letter dated between July 13 and December 31, 2021.

Normally, if you are a veteran drawing disability benefits and don't respond to VA correspondence by the VA's deadlines or if you fail to report for a scheduled compensation examination, your benefits can be terminated and in some cases you may be obligated to repay benefits retroactively.

A VA vendor blames the delays in printing and mailing of notification letters on supply chain issues and staffing shortages. The VA said it is working with the Government Publishing Office to address the delays. If you are a veteran and have questions about how this response extension might affect you, contact the VA at 800-827-1000.

Drop Quote



For the solution go to cuddiganlaw.com/library/newsletter

Your task is to "drop" each letter into the appropriate square in each column, until the entire quote is revealed.



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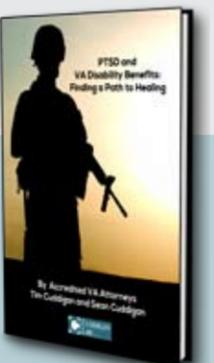
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