



# Bailey Law Firm, L.L.C.

NEWSLETTER

## REENERGIZE BY TAKING CARE OF YOURSELF

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### **REENERGIZE BY TAKING CARE OF YOURSELF**

Working hard on improving yourself, reaching your goals, and giving back to society can be exhausting. If you're not careful, you can crash and burn if you don't take time to take care of yourself.

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### **SIX FIGURE SETTLEMENT REACHED FOR A HARD WORKING MOTHER**

I'm pleased to announce that last month I negotiated a six-figure settlement for a hard working and deserving mother who was injured in a car wreck.



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### **AMERICAN ASSOCIATION FOR JUSTICE LEADERSHIP ACADEMY SESSION A**

During the first session of the Leadership Academy, we met in San Diego, California and took some time to really focus on what our values are.

# REENERGIZE BY TAKING CARE OF YOURSELF

This year my introduction letters for my newsletters have featured a common theme on self-improvement and reaching your goals. Working hard on improving yourself, reaching your goals, and giving back to society can be exhausting. If you're not careful, you can crash and burn if you don't take time to take care of yourself.

To prevent burnout, you need to engage in activities that reenergize you. It doesn't have to be an elaborate vacation. There are plenty of low cost and no cost activities that you can do that will help you stay energized on your self-improvement journey. Here are some activities that you can do to take care of yourself.

## Meditate

Take a few minutes to mediate each day. Meditation is an approach to training the mind, similar to the way that fitness is an approach to training the body. A short two or three minutes of mediation can do wonders for your mental clarity.

## Take a walk

One of the highlights of my day is walking my dog in the morning. It gives me a few minutes clear my mind while engaging in some much needed physical activity. Taking a short walk is good for your mind and body.

## Read

Reading is a great motivator. I like to read biographies of accomplished people in history. I take pieces from their lives and implement them into mine so I can to hopefully accomplish the some of the great things they did with their lives.

My physical and mental health is important to my clients and me. You can't help anyone else if you're not motivated, in poor physical shape, and mentally drained.

Take care of yourself by engaging in activities that keep you energized and motivated. What are some things that you do to stay energized? I would love to hear them! Please share them with me at [Tyler@baileylawfirm.com](mailto:Tyler@baileylawfirm.com).



**TO PREVENT BURNOUT, YOU NEED TO ENGAGE IN ACTIVITIES THAT REENERGIZE YOU. IT DOESN'T HAVE TO BE AN ELABORATE VACATION. THERE ARE PLENTY OF LOW COST AND NO COST ACTIVITIES THAT YOU CAN DO THAT WILL HELP YOU STAY ENERGIZED ON YOUR SELF-IMPROVEMENT JOURNEY.**



**Tyler D. Bailey**  
Attorney & Counselor at Law



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## AMERICAN ASSOCIATION FOR JUSTICE LEADERSHIP ACADEMY SESSION A

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I was recently selected to participate in the 2019 American Association for Justice's Leadership Academy.

AAJ's Leadership Academy is a highly selective program that selects 16 Plaintiff Trial Lawyers from various parts of the country for professional development sessions designed to give the participants skills and techniques to make them effective leaders in professional settings, within AAJ and in their communities.

I'm honored to work with this fantastic group of lawyers from all over the country to find new ways to solve issues that our clients face and become more effective leaders in our communities.

During the first session of the Leadership Academy, we met in San Diego, California and took some time to really focus on what our values are. The values of Justice and Community were two high values on my value list. Community was defined as, "to serve and support a purpose that supersedes personal desires. To "make a difference," where as Justice was defined as, "fairness, equality, doing the right thing." The values of community and justice are key components of our work at Bailey Law Firm. What are some of the values that guide your life? I would love to hear them. Please share them directly with me by emailing me at [Tyler@baileylawfirm.com](mailto:Tyler@baileylawfirm.com)

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## SIX FIGURE SETTLEMENT REACHED FOR A HARD WORKING MOTHER

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I'm pleased to announce that last month I negotiated a six-figure settlement for a hard working and deserving mother who was injured in a car wreck.

Her life was turned upside down as a result of the wreck and it couldn't have happened at a worse time for her personally. Her injuries were serious and would require surgery and months of medical treatment. Furthermore, the wreck prevented her from working. She was self-employed and truly loved her work in the cosmetology industry, but could no longer serve the clients that she cared for because of her injuries.

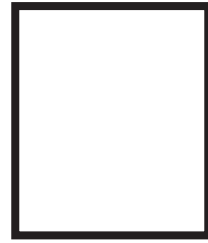
Despite going through a terrible car wreck due to no wrong of her own, she kept a positive attitude throughout her recovery and the litigation process. She reinvented herself and started a new career and made a tremendous physical recovery.

I was inspired by her resilience to push and fight even harder to ensure that she received the type of settlement that she deserved. After hard fought negotiations, I secured a confidential six-figured settlement for a more than deserving woman. During a recent conversation we had she informed me that she is starting a new business with part of the proceeds of her settlement. I know she will win with her new business just like she did with her case because she's willing to go to battle for what she deserves.

It's an honor to be able to fight for people and help them secure a better future after they were injured due to no fault of their own. Whether it's negotiating a favorable settlement after a car wreck or taking the case to trial, I'm always here to fight for my clients.

**DESPITE GOING THROUGH A TERRIBLE CAR WRECK DUE TO NO WRONG OF HER OWN, SHE KEPT A POSITIVE ATTITUDE THROUGHOUT HER RECOVERY AND THE LITIGATION PROCESS.**

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**BAILEY LAW FIRM**  
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