

THE QUICK LAW GROUP

DIVORCE AND FAMILY LAW FOR WOMEN

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10 New Years Resolutions

Article adapted from Divorce Magazine

If you're going through separation or divorce right now, coping with the holidays can be challenging. Your life is changing anyway, so why not take the opportunity to reinvent it on your terms? This is the perfect time to make some powerful New Year's Resolutions that will put you on the path to happiness and prosperity next year.

- 1. Complete your divorce this year.** If you've been dragging your heels – either hoping for reconciliation or to cause maximum aggravation for your ex – it's time to get clear on whether you both want the same thing. If your ex confirms his/her wish to proceed with the divorce, honor it and complete whatever paperwork is outstanding so you can start your new life in the new year.
- 2. Stop fighting battles from your dead marriage.** Resolve not to use your lawyer or the court to try to settle your emotional issues with your ex: it's the most expensive and least effective way to handle these disputes. Ask a therapist, life coach, or wise friend for assistance in working through these issues.
- 3. Update your will, trusts, insurance policies, and estate plans (if any).** Revoke your will by literally tearing it up and making a new one. If your situation is relatively simple, you can make a basic will or living trust using software designed for the purpose; if your situation is more complicated, you should hire a lawyer to create these documents for you.
- 4. Meet with a financial expert.** Before finalizing your divorce, get some objective advice about how to achieve your financial goals from an expert who specializes in divorce issues.



THE QUICK LAW GROUP
CEO Heather B. Quick

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5. Don't badmouth your ex in front of your kids. At best, you will cause a painful loyalty conflict for them. Instead, encourage your children to love and spend time with their other parent.

6. Never withhold visitation or child support to punish your ex. Child support is more often paid on-time and in-full when the payor sees his/her kids frequently.

7. Be cooperative co-parents. Children shouldn't fear having their parents in the same room – it will ruin their special days.

8. Start exercising regularly to banish depression. Exercise triggers your brain to release endorphins and serotonin, which block feeling pain in your muscles – but more importantly, it makes you feel happy.

9. Forgive your ex. Here's a best-kept secret: forgiveness is as much for the person who grants it as for the person who receives it.

10. Forgive yourself. It really does take two to tango, and there is something about the breakdown of your marriage for which you need to forgive yourself. If you were blindsided by the divorce, you may have to forgive yourself for ignoring the warning signs.

Thank you to everyone who came out to Christmas Open House. We truly appreciate your support and patronage!



QLG Events

DAWN

Divorce Aftercare Women Need

January 3, February 7 and March 7

DAWN was created to INSPIRE, EMPOWER, & SUPPORT women who are going through divorce or are already divorced, but not experiencing life the way it should be led-joyfully, peacefully, hopefully. The Quick Law Group has partnered with Sharon Williams, an ordained minister and founder of the non-profit organizations Go to Nations and Act 4 Nations, to facilitate the time and place for this free support group to meet. All women going through or recovering from divorce are invited to be a part of DAWN. This group meets the first Tuesday of every month.

RSVP online at: TheQuickLawGroup.com/Events

Inspiring Woman of the Month

This month we recognize Malala Yousafzai. She is a Pakistani schoolgirl who defied threats of the Taliban to campaign for the right to education. She survived being shot in the head by the Taliban and has become a global advocate for women's rights, especially the right to education. She has received numerous peace awards and received the Nobel Peace Prize in 2014 at the age of seventeen.



Malala Yousafzai

"Let us make our future now, and let us make our dreams tomorrow's reality."

-- Malala Yousafzai

Happy New Year from all of us at The Quick Law Group

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