



The Quick Law Group
DIVORCE AND FAMILY LAW FOR WOMEN

LETTING IT GO

Let go of your fear
Let go of the past

by Heather Quick, Esq.

It is inevitable for us to view the New Year as a time to start over, accomplish new goals and in general, improve ourselves. That would explain the increase in gym and church attendance during every January. The New Year brings a sense of hope to most of us with a renewed sense of what we can accomplish. Something about the first of the year, with 365 days to complete, inspires us to set new goals.

In the practice of divorce and family law, we impart this "new year" feeling to our clients with the finality of a divorce. Once the final paperwork is received, there is a sense of closure and the beginning of a new life, whether it is January 1st or not. For the newly divorced, it is crucial to take this difficult and painful time and use that energy to accomplish your full potential. When we can take negative experiences and use them to help others as well as ourselves, then the pain and difficulty does not feel useless or unnecessary. If we can take our pain and use it to understand ourselves better or help someone else going through a similar experience, we are then becoming something bigger than ourselves and our circumstances. Through the work of our firm, I get the opportunity to watch women rise above their circumstances and persevere in ways they never thought possible. I am continually inspired by our clients who, in the midst of pain and anger, maintain their resolve and refuse to give up on themselves and their children. In times of difficulty, we have the opportunity to discover our true selves and realize we can handle more than we thought and not only survive the hard times, but prosper! I am blessed and honored to be

brought into the lives of our clients and watch the transformations they undergo during a divorce

Research shows that familiar songs act as strong memory cues, so that even the mention of a song title can bring back clear memories of the album cover and recollections of time and place sur-

rounded by the songs. One of my favorite songs of 2014 was "Let it Go" from Disney's Frozen[©]. The words are so powerful and represent to me exactly what clients going through a divorce need, which is break out of what they were "pretending" to be, let go of their fear, let go of the past and become the person they are meant to be, recognizing their true authentic selves. That is easier said than done, but at our office, that is



our goal for our clients. Our role in our client's lives is one that we hope will last for years to come; not in repeat divorce work, but as support for our clients as they start their new lives and break free from their past.

This year, one of my goals is to create programs for women going through these milestones to help them find their power and become the person they were meant to be. I will be conducting workshops and retreats that will facilitate healing and help for overcoming obstacles in life and work that allow women to achieve their goals. As we begin 2015, I look forward to the exciting events at The Quick Law Group for women with much to overcome and much to achieve. If you are interested in attending a seminar, workshop or retreat, please visit www.thequicklawgroup.com for a list of upcoming events.