

Teach Your Children to Set Goals

4 STEPS TO SUCCESS

This new year, teach your children how to set healthy, achievable goals.

Start by sharing your goals. Without even realizing it, children often mimic the actions of the adults around them. So, share your goals with your child, and explain how you plan to achieve these goals. Then ask your child to do the same. It can be as big as moving up three grade levels in reading or as small as beating a video game. Foster these ideas within your child so they will set one of their goals and have a positive experience when they achieve it.

Create next steps together. If you want to have more energy in the new year, what steps will you take to achieve that goal? Ask your child to consider the same question in regard to their objectives. If their goal is to finish a certain video game, how will they improve their current game play? What can they do to earn more video game time? Are there learning tools that can help them accomplish this? Teach them that achieving a goal is about so much more than desire; you have to put in the work to accomplish it, too!

Focus on keeping it small. If you want to encourage your child to achieve their goals, then create smaller tasks that teach them the value of finishing something. For example, start and complete an arts and crafts project or game together to show your little one the value of finishing what they start. Then, slowly work your way up to the big goal. Maybe that's cleaning their room without unnecessary detours or finishing their homework on time.



Finally, celebrate! This is important. Acknowledge the wins that both you and your child have throughout the year. For example, if they want to be a better reader, celebrate whenever they finish a book. This will encourage them to keep going. And even if they do fail, honor their effort. Remind them that putting in the effort, regardless of the outcome, is powerful, too.

For more tips on how to teach your children to set and keep goals, visit Parents.com.

IS JANUARY REALLY 'DIVORCE MONTH'?

3 REASONS BEHIND THE RECORD DIVORCE NUMBERS

In England, a survey of 2,000 divorcing couples found that 1 in 5 planned to divorce "after the holidays" — in other words, in January. The same trend is true right here in Georgia. Our team sees a spike every January, and MarketWatch has reported stories of a 25%–30% case increase at law firms nationwide. In our experience, there are three big reasons for that:

1. Waiting until January spares the holidays.

The holidays are a special time of year — and no one wants to disrupt that with the announcement of divorce. It's also a time to see family, so many couples are tempted to keep their separation quiet to avoid nosy questions from relatives at holiday parties. Finally, we've heard from many divorcing parents that they're hesitant to "ruin Christmas" for their kids, so they wait until January to break the news.

2. The kids are out of school. Speaking of kids, they're another factor in the January divorce numbers. Since many children are out of school for the first week of the new year, it's a popular time to explain family changes to

them. They have plenty of time to process the news before heading back to school. (Our team also sees a big spike in divorces in August and September, just before the new school year starts.)

3. A new year inspires a fresh start. Last but not least, we think the narrative of "new year, new you" is probably a factor. If one spouse is unhappy in their marriage, the constant January reminders of how good it feels to start fresh can push them over the edge. When clients call us each January, this is a common thread we hear!

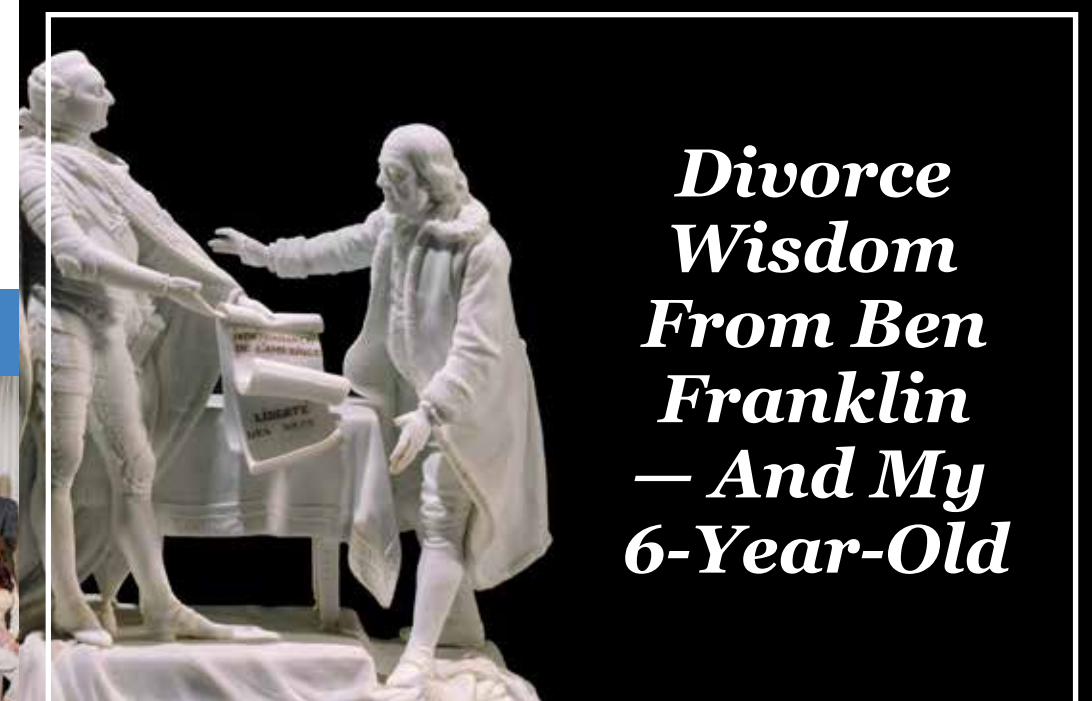
The truth is, there's no "good" time to divorce. There's also no "bad" time to do so. The most important thing isn't the timing — it's that you make the right decision for you and your family. If you're considering divorce this month (or know someone who is), reach out to our team at ADLG. We can help you decide on the right path and find your Happily Ever After.

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January 2022



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Divorce Wisdom From Ben Franklin — And My 6-Year-Old

You might remember from a previous newsletter that my son, Rami, is obsessed with the musical "Hamilton." He sings the soundtrack nonstop, looks up to Alexander Hamilton as a personal hero, and even sleeps with a Hamilton pillow! But there's one thing I didn't mention before: Rami isn't my only child with a passion for the Founding Fathers. My daughter, Hanna, is equally obsessed with Ben Franklin.

were the Schuyler sisters, Hisham was George Washington, baby Amir was King George III, and of course Rami was Hamilton himself!

To complete the tableau, our neighbors across the street joined the fun. They represented Abraham Lincoln, Betsy Ross, Teddy Roosevelt, Ben Franklin, and the Statue of Liberty. Unsurprisingly, the baby boy playing Franklin was Hanna's favorite.

"War is often glorified, but it's never healthy for a nation to be in a state of aggression where no compromise can be reached. It's also never healthy for a person!"

Hanna first learned about Franklin in school last year. She was hooked by the story of his famous inventions, and when she got home that night she asked if I'd buy her a kids' book about him. Of course, I said yes! I'm a huge constitutional law nerd, and one of my favorite things to do is geek out with my kids over history.

That book inspired Hanna to dive deep into all things Franklin. Now, she quotes him at every opportunity! When she sees me eating an apple, she'll say, "An apple a day keeps the doctor away," and once she looked me in the eye and said, "Mom, there never was a good war or a bad peace."

It's adorable to hear these wise words coming from a 6-year-old. It was even cuter when she and Rami insisted that our whole family dress up as historical figures for Halloween. We all chose characters from "Hamilton." Hanna and I

This memory popped into my head this month when I realized that Jan. 17 is Ben Franklin's birthday, which will probably become a thing in our house. Hanna is still quoting Franklin at every opportunity, but she hasn't topped the quote "There never was a good war or a bad peace." I'm still thinking about it months later.

For one thing, I'm glad my daughter is already aware of the tragedy of war and the beauty of peace at 6 years old. I also think that Franklin is right. War is often glorified, but it's never healthy for a nation to be in a state of aggression where no compromise can be reached.

It's also never healthy for a person! I often come up against that idea in my work. Many divorce attorneys encourage their clients to look at divorce as a fight, but my team and I feel aggression should be a last resort. It's a path that often leads to regret. We only roll up our sleeves and "fight the good fight" through litigation if there are no other options on the table.

Your divorce shouldn't be war: It should be a peaceful transition to a better life. That's a nugget of wisdom that I, Ben Franklin, and my 6-year-old daughter can all get behind.

-Sara Khaki

2 Events to Attend for a Smoother Divorce

We'll Help Make 2022 Your Best Year Yet!

Our complimentary divorce support groups and seminars are available online! Register for these upcoming events to gain knowledge, resources, and emotional support that will help you feel empowered while you go through major life changes.

CHILD CUSTODY BOOTCAMP (COMPLIMENTARY WEBINAR)

When: Tuesday, Jan. 18, at 7 p.m.

Register: [AtlantaDivorceLawGroup.com/webinars/Child-Custody-Bootcamp](https://atlantadivorcelawgroup.com/webinars/Child-Custody-Bootcamp)

Like Sara said on Pg. 1, we don't believe that divorce has to be a battle — but it's best to prepare for that, just in case! That's where our Child Custody Bootcamp webinar comes in. This virtual event will teach you all about the different types of custody and how it's decided in court. Our team will also explain how you can protect your children from parental conflict, how to create a custody schedule that works for you (the different options might surprise you!), and the overall do's and don'ts of your custody case.

Child custody is one of the scariest parts of divorce, but we'll help make it as easy as possible and ensure you achieve the best outcome for your family. Sign up for this webinar at the address above to get started on your Happily Ever After!

HAPPILY EVER AFTER DIVORCE SUPPORT GROUP MEETING (VIRTUAL SUPPORT GROUP)

When: Jan. 13, at 6:30 p.m.

Register: [AtlantaDivorceLawGroup.com/Happily-Ever-After-Divorce-Support-Group](https://atlantadivorcelawgroup.com/Happily-Ever-After-Divorce-Support-Group)

Speaking of Happily Ever After, our virtual support group — which meets monthly online — is another step in that direction. In this group, you'll meet other divorcees who are struggling with the same questions and concerns that you are. You'll also meet Kathleen Shack, the host of the group. Kathleen is an experienced marriage and family therapist, couples therapist, and divorce coach with a host of other credentials and her own family counseling company, Family Solutions Counseling LLC. The discussions she leads are guaranteed to help you feel supported so you can find peace of mind as we move into the new year.

Here at ADLG, we're not letting COVID-19 slow us down. Sign up for these virtual events to get the information and support you need without leaving home.



January is National Hobby Month, and since it falls at the beginning of the year, it's the perfect time to try something new! Hobbies add variety to your life and ensure you aren't just living to work, so to speak. The best way to find a hobby you enjoy is to be open to new things. Whether it's gardening, reading, drawing, running, fishing, crafting, or even beekeeping, finding an activity you enjoy is important. Here's why!

HOBBIES ARE STRESS RELIEVERS.

Hobbies offer a healthy escape from your busy lifestyle by keeping you engaged in something you find pleasure in. Instead of just relaxing on the couch and turning off your mind for a bit (which is totally acceptable sometimes), hobbies allow you to remain mentally productive while winding down at the same time.

HOBBIES ALSO PROVIDE EUSTRESS.

Believe it or not, one type of stress is deemed beneficial: eustress. If you aren't overly stressed and are feeling a little under-stimulated, a hobby can provide activity for both your mind and body to keep you feeling excited about life and ready to take on new challenges and adventures.

HOBBIES OFFER A SOCIAL OUTLET.

Some hobbies involve group activities, such as bowling, sports teams, book clubs, and even wine tasting. Connecting with others offers the social support humans depend on to lead a healthy and fruitful life. Who knows? Maybe you'll find some great friends who share the same passions as you!

HOBBIES DEVELOP PATIENCE.

When you take on a new hobby, you are tasked with learning something new. Whether you're practicing a new instrument, learning a different language, or figuring out how to make jewelry, a learning curve is involved. Building new skills takes patience, a very important attribute for success.

Finding a hobby that suits you may take some exploration and trial and error, but it is all in good fun! Make it your goal to try something new or learn a new skill each month until you find something that sticks. Once you do, you're sure to find that hobbies are both enjoyable and enriching!

HOW TO KEEP NEW YEAR'S RESOLUTIONS FOR REAL, THIS TIME

New Year's Eve has come and gone, and now that the champagne is finished and the decorations are put away, it's time to buckle down and work on those New Year's resolutions. The only problem is ... your resolutions for this year and last year are the same.

Change is tough, so you're not alone in being unable to stick to your resolutions. This year can be different, if you want it to be. Here are some tips to keep you on track.

Have a specific goal. Many resolutions are vague — along the lines of “exercise more” or “eat healthier.” That's too ambiguous to inspire motivation, and vagueness leaves room for excuses. Make your goal more concrete, so you can measure your success. Specific goals could include going to the gym three times a week, being able to bench a certain number of pounds, or only indulging in fast food once a month. Make your goal realistic — if it's too drastic or difficult, it's easier to give up.

Have a plan. Bad habits are hard to break, so change won't come about naturally. It's important to consider how you'll structure your day around your resolution and what obstacles you might face. When will you go to the gym, and what will you do if that time gets interrupted? How will you plan meals to



avoid spontaneous drive-thru visits? Write down what you want to accomplish and all the things that might stand in your way. Then, figure out how you'll deal with them before they happen.

Start small. On Jan. 1, you're probably enthusiastic about your resolution and ready to hit the ground running. Not so fast — doing too much too soon is a classic mistake. It's okay to be excited, but working out until you're sore all over or constantly eating salads you hate will turn your resolution into a chore that you'll want to avoid. Start with light workouts or replacing some of your carbs with veggies. Once you get the hang of that, you'll be ready to scale up slowly.

Using these guidelines, you'll make lasting changes that extend beyond February. Get 2022 started off on the right foot, and next year you'll be ready to make a whole new resolution — and keep it.

What Our Clients Are Saying!

“Allen Russell is an excellent attorney! He kept me informed throughout the whole process and answered my calls and emails in a timely manner... even on the weekends and evenings. He is a very knowledgeable attorney. I used his service on two different occasions and won my case not once, but twice! Thanks for having my back, Allen!”

– Kelly T.

Concierge Partner's Corner



Korrin Abbey of Austin Patrick & Associates

If you're in the middle of a divorce, your No. 1 concerns should be your safety, your children, and/or your pets. But after the dust of the custody dispute settles, there are other things to worry about — like where you'll live!

For 99% of people, divorce brings a brand-new living situation. You may need to buy a new home, sell/rent out your current house, or do both depending on your goals and plans for the future. This can be overwhelming, especially if you're still dividing up other assets. The help of an experienced real estate agent is invaluable.

Here at ALDG, we often recommend Agent Korrin Abbey of Austin Patrick & Associates to our clients. She co-founded AP&A and has more than 30 years of real estate experience specializing in property management, buying, and selling. Korrin and her team serve Atlanta, Marietta, Woodstock, Canton, Alpharetta and the surrounding areas, so they can help you even if you're moving outside of the city.

Buying, selling, or renting out a home is a big step and not something you should rush into. Korrin can help you figure out your next steps so you can start 2022 in a place you love. You can reach her by calling 770-592-9699 with your real estate questions or by emailing her at Korrin@AustinPatrick.com.

Skills That Enrich Us

THE IMPORTANCE OF HAVING A HOBBY