

THE SLG ADVISOR

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SEE IT, THEN LIVE IT!

Create a Vivid Vision and Shape Your Destiny

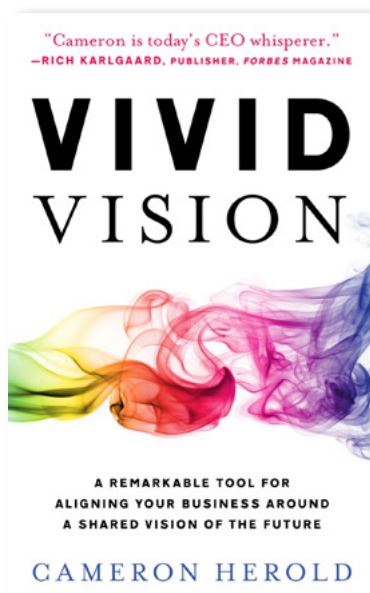
We're always looking for new ways to improve ourselves. I recently read a book called "Vivid Vision: A Remarkable Tool for Aligning Your Business Around a Shared Vision of the Future" by Cameron Herold. Herold is the former COO of 1-800-GOT-JUNK? and helped turn around various other companies. In this book, he discusses the power of visualization and the psychology of neurocognitive behavior. For example, many athletes will visualize themselves at their peak performance before they reach that height in their careers. The brain can't differentiate between real and imaginary events, which allows these athletes to unlock a new level of potential.

Much of "Vivid Vision" focuses on using visualization to help boost your business, but after reading and reflecting on the book, I think we could all improve our own lives through visualization techniques. One technique that I've started using is writing a Vivid Vision of my own. When done properly with the right mindset and level of commitment, a Vivid Vision could be the difference between experiencing personal growth and staying stagnant.

Creating a Vivid Vision is relatively straightforward, but you'll need to put some thought into it if you want to see results. Start by visualizing how you want every aspect of your life to look in 3-5 years. Don't think about what the future will look like – instead, visualize it as if you've

already accomplished it. Don't be concerned with what you deem is improbable – instead, let it all hang out. What would you want your life (business or personal) to look like if there were no barriers? From there, you can reverse engineer your desired life to reveal necessary component parts that need to be accomplished in the near term. And don't be afraid to add a few deadlines to ensure you reach your goals.

Now you might be wondering what the difference is between creating a Vivid Vision instead of setting a New Year's resolution or just creating goals. With a Vivid Vision, you're not just creating goals; you start with your end goal and build plans to ensure you can reach it. That is reverse engineering. This is a much more inspirational approach, and it will surely elicit a stronger response from you than a simple New Year's resolution that you might forget about after a few weeks or months. Creating a Vivid Vision takes time, effort, and dedication.



Continued on Pg. 3 ...

Someone Is Always Watching You

Cameras Are Everywhere!

Ever since people started owning smartphones, we've grown comfortable with the idea of cameras being everywhere. Anyone can pull out their phone at any time, take a video or picture, and post it online for the world to see in a matter of seconds. It's not just phones, either; cameras are everywhere. The good news is that these cameras are often helping us assist our clients in their personal injury cases.

Whenever you leave your home, it's best to assume that a camera is recording you somewhere. While this idea might send shivers down your spine, these cameras could help you if you become the victim in a personal injury matter. Let me give you a few examples of where cameras are and how our firm has proactively used footage to help our clients.

Around the city of Boston, you will find cameras at almost every intersection. Our firm has requested and obtained footage from these cameras to build our clients' cases in many instances. Sometimes it helps, and other times, it doesn't. We can analyze footage to determine the at-fault party and strengthen any claim. Many private businesses also have cameras observing their parking lots or the exterior of their buildings. We can also obtain these to help support a claim. We have built many cases from private business footage showing horrific pedestrian accidents.

Not only are cameras on the streets and outdoors, but many people have also started utilizing dash cameras inside their vehicles. We recently helped a client who got into an accident after proceeding into an intersection when her light was green. The other party claimed their light was green, too. Thankfully, there was a work truck with a dash cam behind our client that confirmed her story.

There are even cameras outside of most residential homes these days since Ring doorbells are all the rage right now. We recently assisted a dog bite client, where a Ring doorbell fully captured the incident.

We do everything we can to help clients, including proactively obtaining camera footage that could support their case. If you think something is wrong in the police report, let us know, and we'll take the extra steps to secure any camera footage that could help!

Riding Your

TIPS TO

There's no better time of year than fall. The weather stays warm during the day but cools down at night, and there are beautiful sights to see everywhere you look. Watching the leaves turn from green to shades of red and yellow makes you want to get outside and ride your bike along some of our most scenic routes.

If you plan to ride your bike during the fall season, there are some extra safety precautions you should take. Here are a few things to think about whenever you go out for a ride this season.

WET LEAVES

As we progress further into fall, the changing leaves fall from their branches onto the street and sidewalk below. Those leaves can quickly become a hazard for any cyclist. As leaves decompose, they create a greasy film that can be incredibly slippery, especially when mixed with rainwater or frost. Riding over wet leaves can cause your

Review of the Month



"I recently received my settlement. In the previous years, my family have went with Spada Law, and they have recommended me to do so as well for my case. Len and Robyn have been amazing these past two years. It has been a stress-free process, and they handled everything so perfectly. Robyn is incredibly sweet and always gives weekly updates on my case. Len is a wonderful person and so informative on the process. Trust Spada Law!"

-Breezy Q.

r Bike This Fall?

KEEP YOU SAFE

bike to lose traction and slide, creating a dangerous scenario. Not only can leaves cause you to slip, but they can also hide hidden hazards below them. Driving through a pile of leaves only to discover a hidden pothole underneath can be disastrous. It's best to avoid riding over any leaves during the fall season.

LESS SUNLIGHT

When you're riding your bike during summer, you can go out almost anytime between 7 a.m. and 8 p.m. and still get a decent amount of sunlight on your ride. As fall progresses, we experience less and less sunlight. Check sunrise and sunset times

whenever you're going for a ride, and plan your route ahead of time. You don't want to end up somewhere far from home as the sun begins to set.

KEEP WARM

The temperature is dropping, and we're getting more precipitation, so you need to dress accordingly. Check the weather before heading out for a ride and wear the proper clothing, such as arm and leg warmers, gloves, a windproof jacket, and a knit cap. Doing so will allow for a more comfortable ride.



... continued from Cover

If you want to succeed with your Vivid Vision, I urge you to share it with others. Don't keep it a secret, or you might not get anywhere. Share it widely among your friends, family, and coworkers. Social psychology studies suggest that publicly committing to goals can significantly improve our chances of accomplishing them.

"Vivid Vision" is a great book and well worth the read. As I write this newsletter, I am in the process of creating my own Vivid Vision for my personal life and Spada Law Group. I plan to share these visions with you in a future newsletter. That way, you'll know what I'm striving toward, and I can publicly commit myself to achieving my vision of the future. After that, you'll be able to watch me propel like a rocket ship or blow up over the ocean as I reach for my goals. Spoiler alert: I don't plan to blow up!

-Len Spada

The Best Chocolate Chip Cookies

These ultra-soft and chewy chocolate chip cookies will melt in your mouth!

INGREDIENTS

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups (12-oz package) semi-sweet chocolate chips

DIRECTIONS

1. Preheat oven to 375 F.
2. Combine flour, baking soda, and salt in a small bowl.
3. Beat butter, granulated sugar, brown sugar, and vanilla extract in a large bowl until creamy.
4. Add eggs, one at a time, beating until blended.
5. Gradually beat in flour mixture.
6. Stir in chocolate chips.
7. Arrange dough in rounded teaspoonfuls on ungreased baking sheets.
8. Bake 8-10 minutes or until golden brown. Cool on baking sheets for 2 minutes; move to wire racks to cool completely.

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INSIDE

How "Vivid Vision" Can Help You Reach Personal Success

Unseen Witnesses: How Cameras Play a Vital Role in Personal Injury Lawsuits

Fall Cycling Safety

Testimonial

The Best Chocolate Chip Cookies

Step Into 536: 'The Worst Year to Be Alive'



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3 Reasons 536 Was the Worst Year in Human History

When Mount St. Helens erupted in 1980, it poured so much dust into the sky that the sun over Eastern Washington went dark. Ash drifted overhead, traveling into neighboring Idaho and forcing temperatures down by as much as 15 degrees F.

Locals spent a few weeks scared and shivering under dull skies. They had no way of knowing it, but they were experiencing a tiny fraction of the horror humans felt back in 536 – a time that Harvard University historian Michael McCormick once called “the worst year to be alive.”

For decades, the year 536 was a historical mystery. Records

showed that it was a terrible time, stricken by the triple threat of:

1. Unexplained, unending darkness
2. Unseasonably frigid weather
3. Crop failure and famine

Those horrors and the economic and political instability they brought ravaged the globe from Ireland to China.

Although 536 was arguably the worst year, things didn't get better for more than a decade. In fact, they got worse in some areas! In 541, the Plague of Justinian – the first bubonic plague pandemic – appeared in Egypt and spread through Europe, killing roughly one-third of the continent's population.

For decades, archaeologists and



historians have puzzled over the tipping point in 536. “What went wrong,” they wondered, “to make the sun go dark and trigger snow in summer?” It was a head-scratcher until 2018. That year, researchers finally solved the mystery with help from, of all things, a Swiss glacier! The glacial ice was riddled with volcanic glass. Further study revealed enormous volcanic eruptions in 536, 540, and 547 likely caused “The Dark Ages.” It wasn't just metaphorically dark – it was literally dark thanks to ash blotting out the sun and coating people's homes, skin, and clothing.

Scientists have traced the 540 eruption to Ilopango, a volcano in El Salvador that's currently inactive, but they're still hunting for the source of the 536 eruption. As we write this, volcanoes in Iceland and Alaska are the most likely candidates.

We've already survived a pandemic this century, so for everyone's sake, let's hope both regions stay quiet until at least 2100. We all deserve a break!