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# HOW TO BECOME BETTER AT PREDICTING THE FUTURE

## And Better at New Year's Resolutions



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!

Several years ago, I read an article about how New Year's resolutions are, really, just predictions of our future. We all have a few failed resolutions that might make us want to argue otherwise, but interestingly, predicting the future is exactly how the New Year's resolution tradition began.

In 46 B.C., during the Roman Empire, Julius Caesar introduced the new calendar and proclaimed Jan. 1 to be the start of the new year. The date was dedicated to the mythical god Janus, who had two faces — one looking backward, and the other forward — which allowed him to look back into the past and forward into the future. Romans would make sacrifices to Janus and promise good behavior for the year ahead.

*"From intelligence analysts to weather forecasters to financial forecasters, research shows that the single most important trait for a forecaster is their ability to change their mind or update their beliefs."*

Our New Year's resolutions aren't too different. We compare our past mistakes and try to "behave better" on our own terms — we try to decide how we're going to improve or what we're going to do differently in the new year.

In other words, we decide what is going to change this year. That's why I think one of the best ways to craft a resolution is to learn from the best — professional forecasters.

Plenty of people make their living out of predicting the future. From intelligence analysts to weather forecasters to financial forecasters, research shows that the single most important trait for a forecaster is their ability to change their mind or update their beliefs.

I know! It seems so unrelated to predicting the future. But imagine your future — how do you know whether you're envisioning it with rose-tinted glasses or with a sturdy mirror? I recently read a book that posed this question as well as the evidence about professional forecasters, called "Think Again" by Adam Grant. The truth is that the human race is remarkably stubborn. We might set new beliefs based on a certain amount of information, but the same amount of information is rarely enough to change or update our beliefs.

So, how do we see the facts clearly?

In a way, making a living out of forecasting gives professionals a perfect motivation to be good at it — and fear of missing the mark can also be a powerful motivator. To change our minds on anything, we have to accept that our errors are human, even if we don't like to look back at our mistakes at all. That way, we can update our beliefs and move forward.

Jeff Bezos once said, "If you don't change your mind frequently, you're going to be wrong a lot." Having the humility to admit our mistakes and the curiosity to discover new information allows us to grow and learn at rates we might have never expected or imagined. And, as an added bonus, it doesn't make us look bad, either. Psychologists have found that when we admit we're wrong, it isn't a sign that we're weak. It's a sign we're honest and willing to learn.

"Think Again" has some remarkable evidence behind it, and if you've ever wondered what it takes to change your own mind or anyone else's, I highly recommend giving it a read. Everyone has a different perspective on resolutions that work for them. But after reading "Think Again," I've found that "sturdy mirror" highly useful in my personal reflections and planning my resolutions. I hope it might be the same for you, too. Happy 2022, friends.

*-John Colvin*

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



## Easy, Affordable Ways to Embrace Nature in Your Home

How much light do you get? Is it a dry or humid home? How likely is it that you will remember to water a plant? Bring these concerns to your local nursery, and they will help you find the perfect leafy friend(s) to fill your space.

### Then, opt for pieces that won't decay.

When choosing new decor for your home or when updating your knickknacks for the seasons, look for wooden or natural items that don't have a life cycle. Fake plants, wooden statues and picture frames, and piles of stones or vases with rocks can bring the richness of the great outdoors into your home with little effort and can be reused each season.

**Now, look to your backyard!** If you have a big pine tree that produces pine cones each year, don't let those go to waste! Baskets or vases filled with pine cones can be great fall

and winter decor pieces, while lots of clever crafters have made wreaths, scent diffusers, and other fun items with pine cones found in their yard. Just be mindful of what you take from nature. Don't take anything of value to the ecosystem, and don't grab items from state or national parks.

**Finally, utilize windows.** Part of embracing natural design elements is letting nature do the talking! Focus your design in each room around windows. For instance, fix plant displays near windows or hang bird feeders in trees you can see through your windows. If you really want to get cozy with the outdoors, consider installing a skylight!

To find more inspiration, take a walk and discover how Mother Nature has designed her space. Bring those ideas into your home and enjoy the comfort of the great outdoors within your own great indoors.

Thanks to the chaos we've experienced since 2020, many design experts are looking to create spaces that are calm, welcoming, and grounded. Enter one of the biggest design trends of the 2020s: neutral, natural elements.

Here are some easy ways to bring nature inside and boost your home's look without overspending.

**The obvious option is to add more houseplants.** And plants don't have to be difficult! Consider your home space, first.

## Looking for Your Shadow on Feb. 2nd? 5 SURPRISING FACTS ABOUT GROUNDHOG DAY



Do you ever look for your shadow on Feb. 2, also known as Groundhog Day? Folklore has it that, on that day, the groundhog will come back up from hibernating in the ground and look for its shadow. If it's cloudy and the groundhog can't see its shadow after coming out of hibernation, that means spring weather will arrive in up to six weeks. If it sees its shadow, however, that means there will be six more weeks of winter instead.

The folklore, now popularized by the movie "Groundhog Day," isn't just fun trivia on its own — the tradition comes with some unusual fun facts!

### NO. 1: FEB. 2 ISN'T A RANDOM DATE!

It's actually known as a "cross-quarter" day, which means it falls at the midpoint between one season, and the next. Feb. 2 falls between winter solstice and the spring equinox; it's the ideal time to consider whether or not spring is arriving early.

### NO. 2: PENNSYLVANIA'S GROUNDHOG NAME, PUNXSUTAWNEY PHIL, IS ITS NICKNAME.

In the movie "Groundhog Day," the protagonist visits Punxsutawney, Pennsylvania, to observe the town's groundhog, Punxsutawney Phil. However, in this absolutely real tradition, that's just Phil's nickname. His full name is "Punxsutawney Phil, Seer of Seers, Sage of Sages,

Prognosticator of Prognosticators, and Weather Prophet Extraordinary." Now say it three times fast.

### NO. 3: GROUNDHOGS 'CATCALL' THEIR POTENTIAL MATES.

To attract their mate, groundhogs will whistle — that's why they're sometimes known as "whistle pigs."

### NO. 4: PHIL ISN'T THAT ACCURATE, SADLY.

When the National Climatic Data Center compared U.S. national temperatures from 1988 to 2012 to determine the accuracy of Phil's predictions, he was proven correct only 39% of the time. You have better luck flipping a coin!

### NO. 5: PHIL HAS HIS OWN CONSPIRACY THEORY — HE'S IMMORTAL!

The Punxsutawney Phil tradition began in 1886 without any changes to the name. Some people believe that Phil is actually the same groundhog and has found the secret to eternal life. Although groundhogs usually have a lifespan of 7–8 years, maybe Phil has beaten the odds.

Whether you see your shadow on Groundhog Day or not, we hope you enjoyed learning these fun facts about this unusual holiday!

# Your Personal Injury Case Can 'Expire'

## UNDERSTANDING THE STATUTE OF LIMITATIONS

Every state has a filing deadline for injury cases, otherwise known as the statute of limitations for personal injury. If you miss this deadline, you could lose your right to take legal action against the liable party in your case, which means you will not be compensated for your losses. Let's review this deadline, its importance, and some exceptions that may apply.

### STANDARD TIME LIMIT IN TENNESSEE

The statute of limitations for personal injury actions in Tennessee is generally laid out in the Tennessee Code Section 28-3-104. According to the code, you have one year from the date of the accident to file a lawsuit against the liable party for your injuries and injury-related losses in a civil court. This applies to cases brought under the principle of negligence, such as personal injuries from a car wreck, slip and fall, or intentional tort.

Of all the statute of limitations in the United States, Tennessee's is one of the shortest. This

means that you need to be prompt in speaking to an attorney after your accident. Doing so will allow you to have your complaint filed in time.

### IF YOU MISS THE DEADLINE

The clock starts running on your case on the date of the accident. If you haven't filed the necessary paperwork in civil court one year later, you may lose your eligibility for compensation. Even if you manage to file a lawsuit, the defendant could file a motion to dismiss the case.

Most courts will grant a dismissal if your case is past the statute of limitations. This is unless a rare exception that applies to your case entitles you to more time.

The statute of limitations can also affect your position in a personal injury insurance claim. You lose your leverage when the defendant and their insurer learn that you cannot take your case to court.

### EXCEPTIONS TO THE RULE

There are situations where a rare exception could give you more time to pursue legal action against the liable party. Common conditions that may warrant a premises liability deadline extension include: the victim is a minor, the case involves medical malpractice, the liable party is absent from the state for some time after the accident, or (sometimes) the defendant maliciously withholds, conceals, or misrepresents evidence.

Also, if your case involves a wrongful death claim and the death was caused by the initial accident or by injuries sustained in the accident, the statute of limitations may be extended by 120 days or set to begin on the date of death rather than on the date of the accident that caused the death.

No matter what happens, don't hesitate to contact our office to see if we can help.

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## Chicken With Lemon Herb Sauce

Inspired by FoodNetwork.com

Healthy eating doesn't have to be bland with this citrusy chicken!

### Ingredients

- 1/3 cup and 2 tbsp olive oil, divided
- 4 boneless chicken breasts
- 1 clove of garlic, minced
- 1/4 tsp salt
- 1/2 cup parsley, chopped
- 1/3 cup mint, chopped
- 1 1/2 tsp pepper
- 1 lemon, for juice and zest

### Directions

1. Preheat oven to 450 F.
2. In a large ovenproof skillet, heat 2 tbsp olive oil.
3. Season chicken with salt and pepper if desired and sear it in the skillet for 3 minutes on each side. Bake chicken until its internal temperature is 165 F.
4. In a blender, add 1/3 cup olive oil, garlic, salt, parsley, mint, pepper, and lemon zest and juice and blend ingredients until coarsely mixed.
5. Top chicken with sauce and serve!