



Spend More Time with Your Family In the New Year



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Maybe one of the most important New Year's Resolutions we can make this year is to spend more time with our families. It's a great sentiment, but really, who has the time! Professionals in the legal industry are more busy than most which makes it that much more difficult to spare time for family. This leaves us with a dilemma: Do we make time to spend with family or do we kick the kids out in the street? If you chose the first option, check out these tips for sneaking extra time in with your family. If you chose the second option, maybe we should talk about your priorities.

1. Pay For It – When plans are made but not set in stone, they have a tendency to slip through the cracks. But when you have something tangible to lose from not attending, you are less likely to skip the plans. Instead of just informing your family members you will all be attending a movie on Saturday night, go ahead and purchase the tickets. You will be resolved to not waste your money and be more likely to follow through.



2. Plan For It – A great way to spend time together with your family is during a meal. This offers time to connect with one another interpersonally. However, often we stop on our way home to pick up fast food because we are running late or don't want to wait to defrost your ingredients. Fast food options work in tight situations, however, they are very easy to grab and take with you to whatever part of the house you want to be in. If someone is watching television, they can grab their cheeseburger and go back to the couch. Home-cooked meals are a great way to gather everyone around the table. In order to avoid that meal-time rush, plan and prepare yourself for the meal. This involves defrosting the ingredients beforehand, planning what you will be having, or even placing the meal in the crockpot before you leave for work.

3. Clear Your Schedule – The best way to spend time with family is to MAKE time to be with family. Set a reminder on your calendar to remind you to leave at the same time every day or early on one day a week. If you realize how late you are becoming, you are more likely to leave around the right time. Another trick is to set your schedule where you do not have to be at work until after you have had time to drive your kids to school. You won't feel rushed to get to work on time and you will be able to sneak in some quality time with your children.

4. Schedule a Special Day – Routines are powerful. Once you get into a routine, it is hard to break. Just ask Sheldon.



you can work while your children do their homework or after others are asleep. Read that debrief while you make supper or listen to your voicemails while you work around your house. It may not be the ideal circumstance, but just being with your family means a lot.

Make a regularly scheduled day when you always do something with your family. Perhaps you have a family game night on Thursday nights, hiking on Saturday afternoons, maybe even every Monday night on your way home you call a relative you do not see very often; whatever works for you.

5. Work from Home – If you cannot fit all of your day's work into your office time, bring the work home with you. Perhaps

