



Happy New Year! The holiday celebrations are over, and the new year has begun. Many of us are thankful to close 2018 and start anew in 2019. Resolutions and goals are wonderful aspirations but for many of us, no matter how good our intentions, conflicts can arise which create obstacles to success.

These conflicts and obstacles which prevent us from excellence in our objectives do not define us – how we handle them does! I am frequently in admiration of those people who despite trying situations, persevere or change course as reality dictates instead of being held hostage to an idea of how things should be. Our respective Success, while different for each of us and bigger or smaller as we decide, *is* achievable. We offer the following tips to help you meet your goals, resolve conflict, overcome obstacles, and make 2019 one of your best years ever!

**1. A New Year's resolution is a Commitment to positive change with or without a positive attitude.** Follow the resolution all the way through. Affirm yourself and your abilities every day and have integrity (be Honest) about what you can and cannot do. When conflict gets in the way of your good intentions – and it will – acknowledge it, but don't let it derail your efforts unless it becomes the honest priority...the next right thing to do. Celebrate and congratulate yourself when you successfully manage conflict or meet a personal goal or resolution. Celebrate and congratulate yourself when you successfully change a resolution to fit the reality of life as it presents itself and not as we would have it.

**2. "Phone a Friend" Enlist someone to help keep you grounded in reality.** No man – or woman – is an island. There is strength in numbers. Someone you trust, someone you can and will communicate honestly with and who you can hear honesty back to you is an amazing relationship. I used to say that My Husband, Ken could tell me something and my head would start, "You are wrong, you are nuts, I am not listening to you." But my girlfriend could tell me *the exact same thing*, and I would think she was a Genius. We all have those people that we trust and though we don't instantly agree with what they say, we intuitively know they are well intended and only want what's best of us!

**3. Develop techniques to redirect your energy and thoughts.** Put physical space, like a room, a hall or a drive around the block, between you and the conflict

## **Events Calendar**

**January 21, 2019**  
**Martin Luther King, Jr**  
**Holiday**  
DuPage Courts Closed

**DCBA Basic Skills**  
**Seminar**  
DuPage Bar Center  
126 S. County Farm Road  
Wheaton, IL 60187

**Contact:**  
Janine Komornick  
630-653-7779 or  
jkomornick@dcba.org

\*\*\*\*\*

**January 30, 2019**  
**The American Inns of**  
**Court**  
**Robert E. Jones Chapter**  
**1st Meeting!**  
5:30 pm-7:30 pm

Red Oaks Room  
at Cantigny Park  
27w270 Mack Road  
Wheaton, IL 60189

**Contact:**  
Christopher Lunardini  
clunardini@spydavlaw.com

which interferes with your plan. Though it's a fact: exercise is great for your mental health and well-being, if you are like me, exercise is not high on my priority list and it won't help me in *any* given situation, yet. If possible, mental space between you and the conflict like a pause, maybe a prayer before proceeding can help. A neutral statement like, "Perhaps you're right", or "I need to think about that – I will get back to you" or as they allegedly say in Texas, "Isn't that nice" can change the moment and keep it at a moment instead a day or week of resentments and overthinking the situation, all of which deter us from our goals and resolutions. OK, me!

**4. Don't be afraid to Reassess and Create alternative goals and resolutions.** If life presents a need to reassess goals, do so quickly and fearlessly. Sometimes people, places or things gets in our planned path. Step back, *Breathe* and decide what the real priority is. Knowing which punches to roll with and which to fight, though easier said than done, will keep you on task.

**5. Embrace the need to reassess as an opportunity for growth not failure.** Achieving goals is not a direct line on a predetermined or predictable straight line. Our paths take twists and turns in directions that seem questionable but more often than not, all work for good. My Failures are failures because I judge them to be, not because you do. My "failures" may be inevitable, but how I respond, what I do with it, is within my control and so as is how quickly and effectively I/we overcome the perceived setback.

630-434-0551

\*\*\*\*\*

**January 31, 2019**  
**Lawyers Lending A Hand**  
5:00 pm

DuPage Care Center  
400 N. County Farm Rd.  
Wheaton, IL 60187

**Contact:**  
Eddie Wollenberg  
ednawollenberg@yahoo.com  
630-668-2415

\*\*\*\*\*

**February 16, 2019**  
**6th Annual DuPage Open**  
Doors Open at 6 pm

Parkview Community Church  
764 St. Charles Road  
Glen Ellyn, IL 60137

\*\*\*\*\*

**March 15, 2019**  
**DuPage County Bar**  
**Association**  
**St. Patrick's Day Luncheon**  
Details to Follow



---

*"Your success and happiness lies in you. Resolve to keep happy,  
and your joy and you shall form an invincible host against difficulties."  
Helen Keller*

***The Law Office of Brigid A. Duffield, P.C. wishes you a  
New Year filled with happiness and success!***

**Brigid A. Duffield**  
Attorney/Mediator/Speaker/Author  
The Law Office of Brigid A. Duffield, P.C.  
630-221-9300  
[brigid@brigidduffield.com](mailto:brigid@brigidduffield.com)  
[www.brigidduffield.com](http://www.brigidduffield.com)

*Attorney Disclaimer: This email is general information only and should not be construed to be formal legal advice or the formation of an attorney/client relationship.*