



CASE BARNETT
 ———— **LAW** ————



GET UP AND TRY AGAIN

FINDING VALUE IN PERSEVERANCE

Feb. 1 is National Get Up Day. The day focuses on reminding us to always get back up after we stumble a bit or get knocked down. We may feel like giving up many times, but it's important to try again. Oftentimes, we face hurdles and obstacles in our lives, but perseverance makes us stronger despite difficulties.

When I first began my journey working with civil cases, there was a time I will never forget. I lost a rear-end collision case I really should have won. We were totally “defensed” and received no money whatsoever when the jury “found” that the crash was not a substantial factor in my client’s injuries.

The loss felt devastating. At the time, I’d had a streak of good verdicts, but with this case, I tried a different approach with the presentation — and it wound up being a gigantic, painful flop. Just like with all of my clients, I cared very much about this man. He was devastated, and I was so crushed that this case sent me spiraling into a period of mourning. It seems that the wins never feel good enough for long enough, and the losses always feel much worse far longer than they should.

It was a dark time for me, and there was a real possibility that I would close myself off both spiritually and emotionally with all of



my future cases. After this loss, I found myself not wanting to be personally invested anymore so I could avoid the pain. Yet, I powered through.

From this, I learned that everything — the wins, the losses, and everything in between — is a part of a vast journey in life. Everything happens for a reason, and even when something bad takes place, we can grow once we’ve finished soaking in the pain. By remaining open with my spirit and heart, I was able to learn from what went wrong.

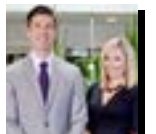
Today, I’m a better lawyer and person because of that loss.

As a firm, we got back up and brushed ourselves off. Today, we are a different kind of firm because we didn’t move to the middle of the road and conform like so many other law offices have. We trusted our vision and bounced back. We are better in every single aspect because of it.

“Today, I’m a better lawyer and person because of that loss.”

There is value in perseverance and looking through the clouds to find the silver lining, no matter how dark or thick they are. Always, *a/ways*, always get back up and try again.

—Case Barnett



CELEBRATE VALENTINE'S DAY WITH YOUR LITTLE SWEETHEARTS



Valentine's Day isn't just for adults. Let your kids know they are the most important loves in your life with these sweet, inexpensive ideas that the whole family can enjoy! Your children will remember these traditions for years to come.

Make a special Valentine's Day breakfast.

Guess what? Pink pancakes, pink milk, and even pink eggs are a thing! With strawberry milk, food coloring and strawberries in the pancakes, and food coloring in the eggs, you'll have an effortless and special breakfast for the little ones.

Tip: Set the table the night before after the kids go to bed to make serving Valentine's Day breakfast easier the next morning.

Create Valentine's Day cards for each kid.

Tell your children all of your favorite things about them with their own personalized cards. There are so many ways you can get crafty with construction paper and glitter. Your kids are sure to love getting mommy-made or daddy-made one-of-a-kind valentines.

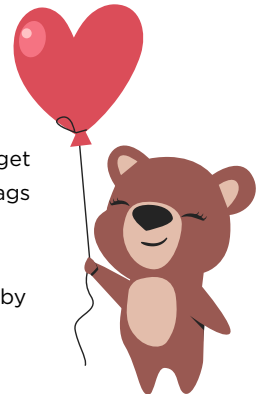
Bake Valentine's Day goodies together.

What's better than baking with your little ones? If you are short on time, you can find premade dough, usually with a Valentine's Day theme. Or, you can try out your skills with heart-shaped cookie cutters and sprinkles. It can get messy, but it's certainly worth it!

Wrap up a small Valentine's Day gift.

Whether it's a Valentine's Day outfit, candy, a teddy bear, or a necklace, it doesn't have to be big or costly! Your children will enjoy feeling the love, and they'll be excited to get something new. Don't forget to have fun with the wrapping! Most stores have Valentine's Day gift bags and wrapping paper around this time of year.

Your baby valentines have stolen your heart — make sure they know it by spreading the love! Happy Valentine's Day!



OUR CLIENTS SAY IT BEST

"WOW! Case Barnett and his team are AWESOME, especially Dena. We can't thank them enough for all their hard work. About a year ago, my dad got into a really bad accident that cost his life. We were devastated, stressed out, and overwhelmed. No one wants to get into an accident and deal with the aftermath. We are so grateful to have met the team because they made this entire process so seamless and easy for us. Every time we were on the phone with Dena and Case, we noticed how much they truly cared about their clients. We felt a huge relief when they handled all the things related to the accident but, most importantly, dealt with the other person's insurance. Dena handled all of the correspondence with the other party, relieving us of the messy conversations. Case Barnett, Dena, and their team are great communicators. I'm sure a lot happened behind closed doors, and they like to keep you out of it as much as possible, but if we ever had questions, they were very quick to respond. They also kept us

informed about the case as the months passed by. We are thankful for Case Barnett, Dena, and their awesome team. We finally came to a settlement, and we are pleased with the outcome after a year. For anyone looking for a personal lawyer, call Case Barnett and his team. You will be well taken care of."

-Joseph D.



CASE BARNETT'S READING LIST

'The Untethered Soul' By Michael Singer

You can be transformed by literature. Reading stimulates our minds, makes our brains come alive, reduces stress, expands our vocabularies, and improves our memories. It teaches us new approaches to situations and can even provide tremendous value to life.

Hands down, one of my favorite books of all time is "The Untethered Soul: The Journey Beyond Yourself" by Michael Alan Singer. I'm currently reading this book for the third time and each time, I find more and more to ponder and apply to my life because it shares countless lessons and meaningful principles. Singer's words resonate with me in such a way that months later, I still think back and am able to benefit from ideas in this book.

Singer discusses the importance of being open with your heart and the value of allowing things to just be instead of wrestling and fighting with them. It discusses freeing yourself from limitations and boundaries so you can find inner peace and happiness. It's a guide to living a joyful, energetic, and liberated life that is free from angst and worry.

This book has transformed my relationship with the surrounding world and with myself (especially when I felt too attached to my emotions, both positive and negative). I hope it will do the same for you. Let me know what you think!



BAKED FETA PASTA AKA VIRAL TIKTOK PASTA!



Inspired by Delish.com

Ingredients

- 4 cups cherry or grape tomatoes
- 1 shallot, chopped
- 3 garlic cloves, minced
- 1/2 cup olive oil
- Salt, to taste
- Red pepper flakes, to taste
- 3 sprigs of fresh thyme
- 1 8-oz block of feta cheese
- 10 oz pasta of choice
- Lemon zest to taste

Directions

1. Preheat the oven to 400 F.
2. In a large pan, combine tomatoes, shallot, garlic, olive oil, salt, red pepper, and thyme.
3. Place the cheese block in the center of the pan and bake for 40 minutes.
4. Cook pasta according to box instructions. Save 1/2 cup of pasta water before draining the noodles.
5. When the tomato and feta cheese mixture is done, add the cooked pasta, pasta water, and lemon zest, stirring until completely combined.



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Creative Valentine's Day Ideas



Roses, chocolate, and fancy restaurants are Valentine's Day staples for a reason. They're classic and timeless, but if you've done them year after year, they could also get a little bit boring. To wow your significant other this Feb. 14, think beyond the most famous ways to celebrate. They'll probably appreciate a twist — and the time you spent making their day special.

Create a relationship scrapbook.

Nothing says "I love you" like a gift you've made with your own hands. By making a scrapbook of your favorite memories with your partner, you'll also amaze them with your sensitivity and dedication. A scrapbook can consist of photographs, restaurant menus, movie tickets, wedding invitations, vacation souvenirs, and some carefully chosen words about why you value the relationship. Don't be afraid to get inventive with your decorations or scour the internet for tips and tricks.

Go stargazing.

What's more romantic than staring up at the stars? Your first step will be to find a local spot that's dark and secluded enough



for a good view of the nighttime sky. Once you do, your next course of action will depend on the weather. If it's temperate, get a picnic blanket and enjoy the outdoors. If it's cold, stay in the car, turn off the headlights, and snuggle up. Don't forget to bring wine and a romantic snack. If all goes well, you might end up watching the sunrise.

Schedule a couples' spa day.

Forget what you think you know: Spa days are for everyone. Your other half will love the opportunity to experience a massage, sauna, and other assorted treatments. Plus, many spas offer romantic couples' packages with champagne and chocolate-covered strawberries. Once you're both sufficiently relaxed and looking your best, you'll likely feel closer than ever. Some spas also offer overnight stays so you can transition seamlessly into a romantic evening.

All of these ideas will take a little bit of planning, so it's time to start dreaming up your big surprise. When you see their reaction, your only concern will be how to top yourself next year.