

EVERY GOAL NEEDS A PLAN

SPRING GROWTH, PLANNING, AND FRUITION

Spring is in the air! The weather is warmer, flowers are blooming, and baby animals are everywhere. Mother Nature's beautiful springtime show is the result of months of behind-the-scenes work and a perfect reminder for us to revisit our goals and aspirations.

Unlike the plants and animals, who rely on their instincts and the cycle of the seasons to progress and grow, we humans need to put thought and hard work into making the life we want to happen! Along the way of building my business, I discovered a technique that works almost like magic in making the achievement of our goals seem almost effortless and natural: a vision board.

What you pay attention to grows and flourishes. A vision board is a visual representation of our goals, which serves as a constant but gentle reminder to regularly take steps toward achieving those goals.

I learned about vision boards many years ago; doing my own vision board has been on my mental to-do list ever since. And there it sat in the back of my mind until last year, when I was invited to attend a virtual vision board workshop. Within the span of a mere two hours, I collected pictures that are representative of my goals and dreams to create a digital vision board! I saved my digital vision board as my computer's desktop background and placed a poster-sized printout in my bedroom.

Fast forward just a little over a year — I am thrilled to report that I have already achieved many of the goals on my vision board (some of which have been on my list for over 10 years)! Some of those goals, like leading a productive and high-quality team of



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professionals, are driving the growth of Beach Cities Estate Law and enabling us to help more clients. Other goals, like moving into a beautiful single-family home with a view, have truly made a difference for my family. Because I don't like driving, I placed a photo of a driver in a luxury car on my vision board. It's funny to say, but I hardly drive anymore — I have my teenage son driving me to and from work!

I'm a big fan of vision boards now and want to pay it forward. I recently hosted my own vision board workshop for our team members and some of our referral partners. I can't wait to see their dreams come to fruition! Over time, we plan to host more vision board workshops for our clients and referral partners, so watch your emails. In the meantime, *scan the QR code below for our free vision board workbook to jump-start your vision planning today!*



- Angela Klenk

Get Sprung

4 Ways to Harvest Positive Vibes in Spring

Have you ever noticed that springtime just feels lighter and brighter? That's because, believe it or not, the seasons affect us. When spring rolls around, the energy shifts, and it's up to us to maximize those positive vibes. Let's examine how we can make the most of spring and inject some color and vibrancy into our lives again after a long winter.

Rely on color.

Colors have the ability to elicit certain emotions and feelings. Tropical tones and pastels are everywhere in spring — the clear sky, grass, and flowers — so allow them to fill your space and take them with you as constant reminders to smile. If you're up for it, wear some new colors to brighten up your wardrobe, and don't forget to take in a sunset when you're able!



Enjoy more hours of daylight.

Spring brings more hours of sunlight and warming temperatures that can give you more time to enjoy your morning cup of coffee outside. You can take an early stroll around the block, get in a workout outdoors, or just enjoy the fresh air. Also, many areas observe daylight saving time, which extends sunlight into the evening, so no matter how you choose to spend your extra daylight, make it an adventure.

Welcome spring-cleaning.

It isn't called spring-cleaning for nothing! Decluttering, dusting, reorganizing, and tidying up feels great! It's empowering and refreshing. There is something special about creating more space in your living space that gets the positivity flowing.

Eat fresh, colorful foods.

During spring, many delicious fruits and vegetables come into season. Berries, oranges, apples, carrots, avocados, cherries, spinach, and kale are all at their peak. Your local farmers market is a great place to get the freshest produce to fuel your body!

Spring is a time for new beginnings and positivity. Make the most of this spring season by welcoming a fresh abundance of love and life.

Raise a Glass — Or Several

6 Ways to Drink More Water Without Thinking About It

Staying hydrated is one of the pillars of healthy living. In fact, according to the Mayo Clinic, women should drink 11.5 cups (92 ounces) of water a day, and men should drink 15.5 cups (124 ounces) a day. But, if we're being honest, water can be pretty boring to drink — there are things we'd rather be drinking, and busy schedules make it difficult. Here are some ways to work more water into your daily routine to promote optimal health.

Begin and end your day with water.

Make it a routine to drink a large glass of water upon waking up and before going to bed. "Bookending" your day like this ensures that your body is hydrated for both the day and night ahead.

Drink a cup of water with each cup of coffee.

Many of us are used to drinking more than one cup of coffee throughout the day. If you drink a glass of water with each cup of coffee, you're sure to stay hydrated. Keep in mind that while coffee is a liquid and contains water, it's not very thirst-quenching.

Ice is your friend.

Each time you pour a drink or make a smoothie, use lots of ice! Your taste buds will hardly notice the difference, and you'll still have lots of flavor while boosting your hydration.

Drink a full glass with medicines.

Many of us get in the habit of only taking a large sip of water with pills. However, whether you take a supplement, medication, or vitamin, wash it down with a full glass of water.

Carry around a large water bottle.

Taking your water with you in a large bottle reminds you to keep sipping wherever you go. Every chance you get, fill it up. The bottomless water bottle is a perfect way to work more water into your day. As a bonus, you can use a measured bottle to see how much you've actually drank throughout the day!

Infuse your water.

Try giving your H2O an extra kick. Add berries, lemon, lime, or mint to your water to give it some flavor and help make it more enticing to drink!

Water is important for a healthy body and mind, so follow these tips and stay hydrated!





PECAN CREAM PIE

This creamy pecan pie tastes like a dream and is simple enough for even a novice baker.

Ingredients

- 1 9-inch uncooked pie crust
- 1 cup heavy whipping cream
- 1/4 cup powdered sugar
- 2 8-oz bars of cream cheese, softened
- 1/2 cup light brown sugar
- 1/4 cup pure maple syrup
- 1 1/2 cups finely chopped pecans, divided

Directions

1. Cook pie crust according to package instructions.
2. In a small bowl, combine heavy whipping cream and powdered sugar. Beat for several minutes with a hand mixer until stiff peaks form.
3. In a separate larger bowl, combine the softened cream cheese, brown sugar, and maple syrup. Beat together until combined and creamy.
4. Fold the whipped cream into the cream cheese mixture and stir together until combined. Stir in 1 cup of chopped pecans.
5. With a spatula, spread mixture into the baked and cooled pie crust. Sprinkle the remaining pecans on top of the pie.
6. Cover and refrigerate overnight before serving.

Inspired by TogetherAsFamily.com

WERE YOU REALLY 'ROBBED'?

The Difference Between Robbery, Theft, and Burglary



Robberies, thefts, and burglaries are all crimes, and the terms are often used interchangeably when people talk about them. However, the actual definitions of each word are different in the legal and law enforcement world. There are a few things that you should know when it comes to using the correct terminology.

Theft

Theft is the criminal act of taking another individual's property (both tangible and intangible) without their permission. To fulfill the requirements of the crime, the person committing the act must have the intent to permanently deprive another person of that property. Shoplifting, taking a motor vehicle without the owner's permission, stealing money from another person, and taking by deception are all examples of theft.

Robbery

Robbery differs from theft in that while they both involve taking something from someone, robbery includes force or the threat of force. It is a violent crime, and the victim must've been in fear for the crime to be classified as robbery. It should be noted that the property that is taken during the crime does not need to be taken directly off of the victim's person. It can be property that someone is in control of, such as bills in a cash register.

Burglary

Unlike theft and robbery, burglary is not always a theft crime. A burglary occurs when one unlawfully enters a structure they do not own or have permission to enter — and they have the intent to commit a crime once they are inside. Some examples of burglary include breaking into a vehicle or opening up an unlocked door to commit a crime after they enter.

Thefts, robberies, and burglaries can be confusing, but they all share one thing: If you're convicted of one of these crimes, you will face serious consequences. If you ever need legal advice or assistance, get in touch with a lawyer you trust. They've got your back!

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April Fools' Day Gone Wrong

3 Pranks That Severely Backfired

April 1, aka April Fools' Day, is when people love to pull pranks on one another. But if they're not careful, pranks can end with a court case or jail time. Let's take a look at a few April Fools' pranks that have brutally backfired.

Navistar Plant Shutdown

In April 2021, Pamela Sisco texted her sister about an active shooter at Navistar Plant in Clark County. Her sister was frightened, and she called the authorities to let them know about the situation. The plant shut down after hearing about the incident because they thought it was a real threat. When officers were at the scene, they charged Sisco with inducing panic and disrupting public services. This is a fifth-degree felony in Ohio, and she was sentenced to a year in prison.

Radio Contest Gone Wrong

KBDS (103.9 FM) is a radio station in California that held a contest in 2005. They told their listeners they could win a new Hummer if they tracked the number of miles of two Hummers as they drove around town. Shannan Castillo won the contest, and when she went to pick up

her brand-new car, the DJ came out with a remote control toy car. They then went on air and laughed about how they fooled everyone. Castillo hired an attorney and sued the radio station for \$60,000 — the cost of a new Hummer.



Practical Joke at Work Creates a Law

Glenn Howlett was a services manager at London City Hall in London, Ontario, Canada. In 2004, he decided to take a vacation to relax and not think about work. His colleagues decided to tell him that a major project he was working on was due earlier than Howlett expected. So, he made his vacation short and decided to return to work to finish his project. He became so stressed out that he began having heart palpitations and collapsed. Afterward, he sued his now former employer for damages. As a result, the city passed a law prohibiting practical jokes within workplaces.

As you plan your pranks for April Fools' Day, remember not to go too far with your jokes. Make them lighthearted and fun so everyone can laugh about them in the future.