

# New Year—New You

It's time to make our New Year's resolutions! Unfortunately, I imagine that by the time this is printed, many of us may have already broken them. It's never too late to start over though, right?

Whether you are trying to eat less, exercise regularly, read more, or make it to church at least every other Sunday, you are no doubt trying to improve yourself. I love that about New Year's. For one day each year, everyone considers what it would take to be *better*. Then we commit ourselves to try and do that thing despite our historically miserable rate of success.

While writing this article, I considered what I've learned from great

attorneys about how to be better. By great, I refer to those who have succeeded in life in general, not just in the practice of law. A few things came to mind about how they have lived, and how I could make myself more like them.

First, I should treat all people, especially fellow attorneys, as I would like to be treated. If you read my last TYLA president's letter, you know that is something I am trying to stress this year. Benjamin Franklin once said, "Be at war with your vices, at peace with your neighbors, and let every new year find you a better man." I love that quote. I hope we can do just as he says in the new year.

Second, I should make a commit-

ment to go home earlier. Attorneys should spend a little more time with their families and friends and less with their clients and computers. We simply work too much. I know firsthand that it is good to try to get ahead. No doubt, America has prospered from the capitalistic and hard-working nature of its citizens. Yet, we can't lose sight of why we work in the first place.

Finally, I do truly think that there is a major health problem among attorneys. It is common for us to eat whatever is available, drink to excess, and exercise far too infrequently. I am not sure I can think of any profession where those three poor habits are as universally adopted.

The Texas Young Lawyers Association has long been committed to fighting the "battle of the bulge." This year is no different. Under the direction of Nick Guinn, TYLA will encourage healthy living through cycling. Nick and his team are preparing to roll out a project that will encourage attorneys to find fun *and* health by jumping back on a bicycle. A safety component will teach attorneys, local cycling clubs, and children how to bike safely and in compliance with the law.

We would love to have you along for the ride. If your local TYLA affiliate or biking club is interested in hosting the rollout in your city or county, please have them email me at [barrett@blanchardthomas.com](mailto:barrett@blanchardthomas.com) for more information.

Happy New Year!

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