



The Ongoing Tug-of-War: Finding Your Rhythm

I just got back from a family vacation to Disneyland, and it was great. The kids had a blast, we made some unforgettable memories, and it felt good to step away for a bit. Getting out of the usual routine and spending uninterrupted time with my family was exactly what I needed. But, if I'm being honest, completely stepping away isn't always easy for me.

When you run a firm, especially one where the work we do truly matters, it's hard not to check in. This is not because I don't trust our team (they're incredible), but because I care. I care about our clients, our people, and the cases we've been trusted to handle. That sense of responsibility doesn't disappear just because I'm out of state or walking through Fantasyland, and I'm okay with that.

What I'm learning, though, is that work/life balance isn't about flipping a switch. It's not about turning one part of your life "off" so the other can function. It's also definitely not about chasing some picture-perfect version of balance where every day looks calm, evenly split, and under control. That doesn't exist, at least not in my world.

Instead, I'm starting to think of balance as something closer to rhythm. Some seasons are heavier on the work side: trials, deadlines, major projects. Some lean more toward family with vacations, milestones, or unexpected life events. The goal isn't to weigh them evenly at all times, but to stay in tune with what matters most in any given moment.

And sometimes that moment calls for stepping away. Not disappearing but pausing long enough to see the bigger picture. That's what the Disney trip gave me: a chance to zoom out. When you're in the weeds every day, it's easy to feel like the next task is the most urgent thing in the world. However, when you step outside of it—even just for a few days—you realize how important it is to recharge, not just for yourself, but for the people you lead, serve, and live alongside.

I returned from that trip with more clarity, more patience, and, honestly, a deeper appreciation for the team holding things together while I was away. They didn't just keep the lights on.



They thrived! That's a testament to the kind of people we have at Snellings Law. People who take ownership, care deeply, and show up for each other.

No, I don't have it all figured out. I'm still navigating the same push and pull that so many professionals feel. I have the weight of responsibility on one side and the desire to be present at home on the other. But, I'm learning to give myself a little more grace in the process. It's all about noticing the wins, however small they may be, and appreciating the rhythms, even when they feel messy.

If you're feeling that same tug-of-war, I hope you know you're not alone. There's no one-size-fits-all solution. There *is* value in the effort and in the act of paying attention, adjusting where you can, and remembering what (and who) you're doing it all for.

If you ever need a good reminder of what matters most, try walking around Disneyland with a couple of excited kids and a backpack full of snacks. It'll put things back into perspective really quickly.

We work hard because we care. But we rest, too, because we know the people and the moments we're working for are worth showing up for fully. That's the kind of balance I'm chasing. I think it's worth the pursuit.

- Scott Snellings

Rosemary & Sea Salt Potatoes

(serves 4 – 6)

Ingredients:

- 8 medium-sized red-skinned potatoes
- 1 tablespoon good olive oil
- Sea salt and freshly ground black pepper
- 4 sprigs of fresh rosemary



4. Place rosemary leaves in the base of a 20 cm round or 18 cm square baking dish.
5. Tightly stack the potato slices in the dish.
6. Drizzle with olive oil and season with sea salt and black pepper.
7. Bake for 45–55 mins., until golden and crispy around the edges.
8. Serve immediately and enjoy!

Cooking Instructions:

1. Preheat oven to 180°C.
2. Thinly slice the potatoes using a mandolin.
3. Soak slices in cold water for 20 minutes, then drain and dry well with a tea towel.

Solve the Puzzle: Sudoku

4		9	7	3			8	
3	1	5			6		7	2
		8		1			9	
			3	6		9		
8	9				2		6	
					8		3	
		2			3	7		6
				4		8	2	9
1		7	6				4	5

Mid-Year Review: Insights & Tools for Staying on Track

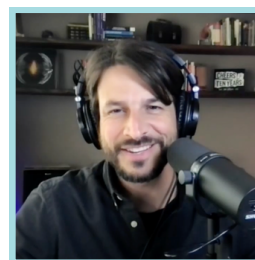
Featuring takeaways from Luke LeFevre,
The Driven Crowd, Episode 60

With the end of 2025 in sight, it's the perfect time to pause and reflect. In episode 60 of The Driven Crowd, guest Luke LeFevre—founder of Holy Work and former

Ramsey Solutions creative executive—shared powerful insights for leaders navigating big goals and busy seasons.

Luke reminds us that real progress starts by being patient and embracing what's right in front of us. Instead of rushing ahead, we grow by showing up fully in the present. Sometimes we're simply not ready for the next step until we've mastered the current one.

One standout tip? Journaling. Luke credits this practice for finding clarity and direction when life feels chaotic. This week, try setting aside 30 minutes to reflect, refocus, and realign your goals. For a full dose of insight and inspiration, check out Luke's episode on The Driven Crowd.



One Fall Can Change Everything—Let's Help Prevent It

September is **Fall Prevention Awareness** Month, and at Snellings Law, we believe that raising awareness is just as important as seeking justice after an injury occurs.

Falls are one of the most common causes of serious, life-altering injuries in North Texas. They're a leading contributor to traumatic brain injuries, hip fractures, and long-term disability, and many of them are entirely preventable. While anyone can be affected, we see the greatest risk in older adults, children, and workers exposed to unsafe environments.

Whether at home, in school zones, or in the workplace, small steps can make a big impact:



At home: Install grab bars in bathrooms, add railings to stairs, clear walkways, and improve lighting in entryways and halls.

At schools and in neighborhoods: Report broken sidewalks or steps, and encourage regular safety inspections at childcare facilities and playgrounds.

At work: Ensure walkways are clean and dry and proper signage is in place. If you spot a hazard, speak up. It could prevent a serious injury.

We've represented many clients whose lives were turned upside down by a fall that could (and should) have been prevented. Property owners and businesses have a legal duty to maintain safe premises. When they fail, the consequences can be devastating.

At Snellings Law, we're committed not only to advocating for those harmed by negligence but also to promoting safety and education in our community. Fall prevention starts with awareness, action, and accountability.

Let's work together to create safer homes, schools, and workplaces this fall and beyond.

Stay safe, stay steady, and take care of one another.



August Releases:

EPISODE 79
BOBBY DOYLE

EPISODE 80
ADAM PLUNK



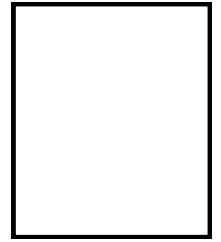




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Community Service Corner

Feeding Hearts and Homes: Snellings Law Donates to Minnie's Food Pantry in Plano.

In July, our team stepped away from the office and into the heart of our community at Minnie's Food Pantry. We brought food supplies, but what we took home was something even more valuable—a renewed understanding of the power of compassion.

As we stocked shelves and prepared donations, we saw firsthand how a simple act of giving can restore hope and dignity for families facing hard times. It's a reminder that making a difference doesn't always require big gestures—sometimes it's as small as showing up, lending a hand, and sharing a smile.

At Snellings Law, service isn't just part of our work—it's part of who we are. This July, we were reminded that when neighbors come together, we can help build a brighter future for everyone.

