



Legal Tip of the Month

Be Mindful About What You're Doing with Your Digital Life

You must understand that the digital age presents a clear and present danger to your privacy. I know this seems obvious. But the basic fact is that you are being tracked relentlessly. From your credit card swipes to your internet usage down to the most tethering device of them all, your cell phone: you cannot hide; your whereabouts are known. Most of us don't give much thought to this or don't need to. It's now an everyday fact of life. But trust me when I tell you, the things the government can find out about you from your cell phone usage are troubling. Text messages, internet searches, your pictures, and your geolocation data are all potentially at play in a criminal case given the right context. Hundreds and even thousands of pages of data may, in a sense, become public. I've seen it. I'm not sure this is really a tip, but more of a caution that aligns with what I've been trying to teach: mindfulness. Be mindful about what you are doing on the web. Be mindful of that angry text or email you're about to send. Sit on it, even for 5 minutes. Once that thing goes, it's out there. You can never really take it back.

A Word From Nate – Master the Morning, Master Yourself.

Many, if not most, successful people have a morning routine. They do the same thing every morning, morning after morning. Even on the weekends. The concept behind this is simple: a few easy wins in the morning paves the way for more wins throughout the day. The momentum just keeps building. This is why small things like making your bed matter.

Everyone's morning routine is different, but there are some common elements. Lots of folks find it best to wake early before anyone else is up. Meditation or journaling, followed by exercise, seems to be a popular recipe. For my part, I used to hit snooze a couple of times, then scramble out of bed, into the shower, and then on to my day. That was a bad way to go through life and it really didn't help me. In fact, it made me more anxious. I didn't have any early wins to build from. Things really started to change for me in the right direction once I started consistently getting up early and meditating.

I'm happy to help you craft your own morning routine, but here's what mine looks like:

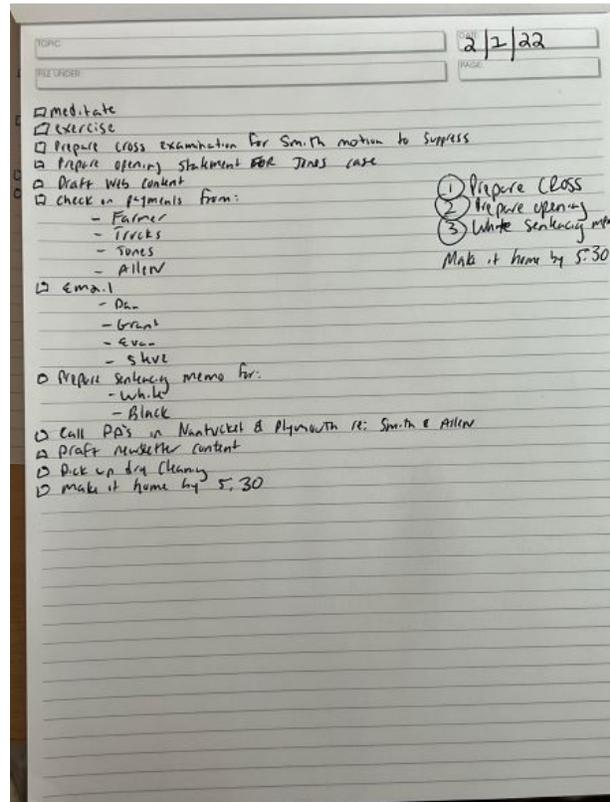
5:00 AM – Wake up. No snooze button. I use my iPhone for an alarm and keep it far away from my bed. Remember, small wins. It feels great to get up without hitting the snooze button. Trust me, this one simple thing will change your game. It's also easier to get up at this time if you go to bed around 9 on a stomach that's not full. I drink at least 8 ounces of water as soon as I get up.

5:15-5:35 AM – Mediate for 20 minutes. I do this every single morning without fail. Once you build momentum on this, you won't want to stop. Most days I do solo insight meditation, but many years ago I started out using the awesome [10 Percent Happier app](#)

6:00 – 7:00 AM – Exercise. I lift 3 days a week and try to do some form of cardio another 1-2 days. Lately, I've been setting a treadmill at a 15% incline and walking at 3 or 3.5 MPH or I go to [Orange Theory Fitness](#).

7:00 – 8:00 AM – Normal stuff like showering, breakfast, and playing with my baby boy. For breakfast, I usually do an apple with peanut butter and beef jerky. Or sometimes I'll do a fresh can of [Amy's Refried beans](#).

I also have a routine once I get into the office. Every day is a battle, and without a battle plan, you're in big trouble. Every day you must know what direction to point your compass in, and you must know what you need to do to get there. I spent about 5-10 minutes in the morning mapping out my day. I'm an analog guy, so I like to use a [particular brand of note-pad](#) with a [Bic Velocity 1.6 pen](#). The tactile sensation from the paper with this pen is really quite pleasurable. Anyway, after I jot down all the stuff I have to do, I identify the three most important things, and block time in my calendar for them. And here's the key to this system, at the start of each morning, I rip the previous day's page out of the notebook and put it in a folder. I keep these for years. This way, I have a day-by-day journal on what I did and accomplished with accompanying notes.



What do Police Officers Look for While Searching for Drunk Drivers?

Many, if not most, drunk driving arrests start out as simple automobile stops for bad or erratic driving. Once the officer notices any signs of potential impaired driving, like open containers, the smell of alcohol, or red and glassy eyes, the stop turns into a full-blown drunk driving investigation. You must remember that the police can stop (pull over) a car as a result of a civil motor vehicle infraction.

[Learn More](#)

Nate Amendola Defense Case Result

How I Got Two Cocaine Distribution Charges Dismissed

As the sun rose over the water, I heard my phone vibrate in the chest pocket of my waders. The only people that would be texting me this early were either a fishing buddy with some good intel, my wife, or my paralegal. Heed the call, I said. So, I took my phone out. It was my paralegal. A father had called the office in a panic because his son had been pulled over for speeding, which turned into an arrest after it was learned that the son had two outstanding warrants from 2014 related to cocaine distribution charges.

[Learn More](#)

Recommended Reading

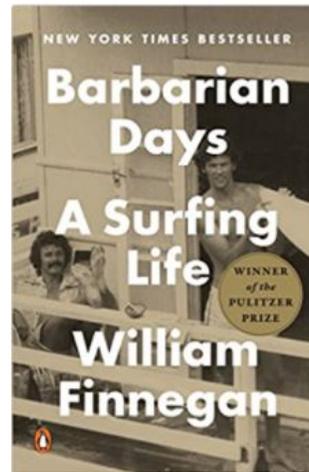
Island- Aldous Huxley

In his counterpoint to the classic Brave New World, Huxley explores what the ideal society looks like through the lens of a mystical pacific island called Pala, where the inhabitants are Buddhist and take magic mushrooms. Loved this book. Philosophical and thought-provoking.



Barbarian Days: A Surging Life by William Finnegan

Ok ok, I feel like I'm always saying this book or that book is my favorite or that it's the best ever written. But this book really is that good. It might be the best memoir/autobiography I've ever read. And it's much more than a surfing book. It's really about how adventurous and richly textured life is.



What I'm Listening To

In honor of their 2022 tour and February visit to the Boston Garden, I recommend prog-rock extraordinaire, Tool. Their newest album Fear Inoculum (from 2019) is a wonderful representation of modern hard rock.



Nate Amendola Defense serves Massachusetts in criminal defense matters.
Contact our Hingham law office today at 781-740-0800.

