

THOUGHTS THAT STICK

LAW, LIFE & EVERYTHING IN BETWEEN

THIS MONTH

NEWSLETTER

Insights from the courtroom to the coastline

Why Real Writing Still Matters

There's a reason this newsletter showed up in your mailbox instead of just another notification on your smart phone.

We live in a time when the internet is crammed full of content. Scroll for five seconds and you'll see a recycled headline, a shallow opinion, or a new "guru" who just appeared yesterday. AI can now churn out a hundred generic posts in the time it takes to make a cup of coffee. It looks polished, it sounds convincing, but most of it feels empty and soulless.

I wanted to do something different. Something slower. Something real that you can actually hold in your hands.

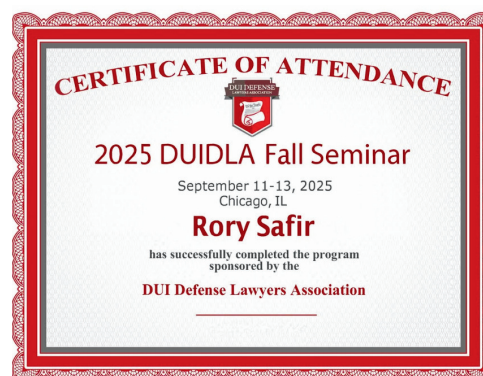
Snail mail might feel outdated, but that's exactly why it matters. When was the last time you got something in the mail that wasn't a bill or junk? Holding paper in your hands forces you to pause.

You can set it down and come back to it. It doesn't vanish into a social media feed, get buried under 47 new emails, and/or disappear the second you scroll past it.

And more importantly, this is me writing to you. Not an algorithm, not a content mill. I design it myself, I write the words myself, and I send it out because I believe thoughtful writing still matters. The typos are mine. The voice is mine. The ideas are mine. The formatting mistakes are mine

This newsletter is part reflection, part story, part local connection. Some months it might be about lessons from the courtroom. Other months it might be about travel, philosophy, or something funny that caught my eye around St. Pete or Tampa Bay. The mix will change, but the point stays the same: to share something worth reading in a way that feels human.

NEWS UPDATE



I was in Chicago this month for the **DUIDLA Fall Seminar**. Always a highlight catching up with friends, sharpening skills, and digging into the science of DUI defense.



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If you like what's in your hands, you'll love what hits your inbox each week.

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Excited to share that our firm has been selected as a finalist for the **Tampa's Best 2025 Award** for criminal defense lawyers. I'll be attending the ceremony on October 1, 2025, and I'm grateful to be recognized alongside so many incredible businesses and professionals in our community.

(cont.) There's a deeper reason too. Writing forces me to slow down. To put thoughts into words instead of letting them vanish into the chaos of another busy week. To notice what stuck with me, what challenged me, what made me laugh. Putting those things on paper feels different than tossing them into a feed. It has weight.

And I think that's what we're all craving right now. Not more noise, not more empty content, not more stuff to swipe through. Something with a little more substance. Something that doesn't feel disposable....

In a world drowning in fake, fast, and forgettable, there's something powerful about slowing down and putting ink on paper.

That's why I started writing this. That's why it's showing up in your hands instead of on your screen. And that's why I'll keep writing as long as there's something worth saying.



The Value of Small Wins

We tend to think progress only counts if it's big. The promotion. The big case win. The new job. Marriage. House. The life-changing decision.

But most of the time, it's the small wins that actually move things forward. Crossing off a tough task on your list. Finishing a workout you didn't feel like starting. Even something as simple as cooking instead of ordering takeout.

Small wins build momentum. They remind you that movement matters more than perfection. One step makes the next one easier. The funny thing is, when you look back at the big moments, they usually started with a string of small ones.

A trial win came from dozens of hours of quiet preparation. A new opportunity came from one phone call you almost were too anxious to make. A personal improvement came from choosing something new or different... one small thing at a time.

It's why celebrating those little wins matters. They're not just steps along the way, but they're also the fuel that gets you there. Over time, they compound into something much bigger than how they seem in the moment.

So when you're tempted to dismiss the small things, don't! They're proof you're moving, and often times, movement is the win in and of itself.

Rory G. Safir



Why Travel Changes How You See Home

Some years ago, before I began my legal career, I spent time in Medellín, Colombia, volunteering with a nonprofit in one of the poorest neighborhoods, high up in the valley. The higher you went, the poorer the people, because getting down into town for steady jobs was much more difficult.

Our work was simple: get these little kids in impoverished neighborhoods playing basketball. The goal was to give them a positive outlet, keep them engaged in sports, and steer them toward something brighter than the alternatives waiting outside.



The neighborhood was rough. Many families lived in shacks. Money was scarce. But the resilience of the people was striking.

One moment has stuck with me more than most. I recall this often: a Colombian father, who lived with his wife and daughter in a tiny shack, insisted on buying me a beer at a little vendor. He barely had money for his family, but he wanted to share what he had. And he was smiling the entire time. Genuinely happy.

It made me pause. What are my problems, really, compared to his?

That is something I love about Colombian culture. Despite hardship (Pablo Escobar), despite historically fewer resources, people find joy. They're resilient. They laugh, they celebrate, they live fully with what they have. It's beautiful to see.

Travel shifts your perspective. You come home and look at your own life differently.

Sometimes it's tied to gratitude, resilience, and the way you choose to see the world.

And the more I think back on it, the more I realize travel is not just about seeing new places. It's about holding up a mirror. You return home with a clearer picture of yourself, of what matters, and of what doesn't. The details fade, but the lesson sticks: joy isn't bought, comfort isn't guaranteed, and sometimes the people with the least teach you the most.



The complaints you carried with you before don't feel as heavy.

The little inconveniences don't feel like problems at all.

That trip didn't just give me memories. It reminded me that happiness isn't always tied to circumstances...

Picture: I've never shared this picture before, but these are some of the kids I met while volunteering in Medellín. When I took this photo, they had never seen a smartphone before. I will always remember this little girl (the daughter of the Colombian father I previously described) who spent some time playing with the camera and seeing herself reflected on the screen for presumably the first time. **If you'd like to support this work or donate, you can look up: Aros de Esperanza.**



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**A MONTHLY NEWSLETTER TO
INFORM AND ENTERTAIN**

Every Lawyer-Scientist needs a Lab

Introducing the newest Safir, Felix. He is a Lab with plenty of energy and personality. Labs are known for loyalty and intelligence, and he's already showing both in spades.

Spending time with Felix has also made me appreciate just how dog-friendly Tampa Bay really is. Walk through downtown St. Pete on a Saturday and you'll see it everywhere: water bowls outside coffee shops, patios and restaurants/bars ("Dog Bar" & "Mutts and Martinis") that welcome our four-legged guests, and even local events built around dogs.



Dogs have a way of pulling people together, and Felix is no exception. He makes me notice the lighter side of life, and he's a good reminder that Tampa Bay isn't just a great place for people... it's one of the best places in the country to be a dog.

EVENT HIGHLIGHTS

Costumed Dog Parade: On October 25, bring your costumed pups to the St. Pete Pier for a chance to win a prize, with proceeds benefiting Friends of Strays Animal Shelter. Felix and I will be there!