

Frequency Friday

WEEKLY TIPS FOR YOUR WELL BEING

All that we are is the result of what we have thought.
- BUDDHA

The Buddha's words confirm that we are indeed a product of our past thoughts. However, his message also invites us to consider applying our thoughts to the future we wish to create. I want to share with you a powerful tool for calling our dreams into reality – it's called a Vision Board. A Vision Board is a powerful visual of our hopes and dreams for every aspect of our life: family, career, travel, charity...if you want it, a Vision Board is a great place to begin. It is created by bringing together words and images that represent your hopes and dreams, in one place that you see every day.



Putting a Vision Board together is fun, and powerful. It brings together the key elements of realizing our dreams:

- SETTING INTENTIONS
- VISUALIZING AND FOCUSING ON THOSE INTENTIONS
- INTERNALIZING WHAT IT WOULD FEEL LIKE TO HAVE THOSE INTENTIONS REALIZED
- GIVING THANKS FOR REALIZING THOSE INTENTIONS EVEN BEFORE THEY ARE REALIZED

The last point is key as it calls for us to be grateful in the present, for the future. Living in a constant state of gratitude for the things we have and the things we will have, is not only a beautiful way of existing but it is considered to be the most powerful way of calling into our lives the things we hope to achieve.

"We become what we think about."

- EARL NIGHTINGALE

Consider having separate Vision Boards for the different areas in your life. Your career Vision Board could be kept in your office. Your family Vision Board could be kept in your kitchen or another part of the house where you will see it often. Look at your Vision Board at the beginning and end of each day. What we see in the morning sets the tone for how we approach our day, keeping our actions in line with our goals. What we see before we go to bed marinates in our minds as we sleep, allowing our subconscious to guide us in how we achieve our dreams.

Consider placing a picture of yourself at the center of your Vision Board. Choose a photo taken at a time when you were joyful and at your best. Surround your photo with images and quotes of what you want to achieve. Keep your Vision Board neat, as you do not wish to create chaos in your life! As something that you wished for becomes real for you, keep it on your Board as a reminder of the excellent work you've done, giving thanks for having achieved your goal. You will of course need to make room as your dreams and aspirations grow or you can create new Boards.

CREATE A VISION THAT YOU MAKES YOU Wanna JUMP OUT OF BED IN THE MORNING

Last summer, I asked the girls to gather images, quotes, anything that inspired them, anything that was on their bucket list for our #TeamJill vision board session. It was really amazing what we learned about each other by what each of us included on our boards. It was a valuable team building and bonding exercise. More importantly, creating the vision boards was the first step in bringing that magic wand into their lives. Creating a vision board transforms our thoughts and desires into powerful intentions. By looking at our vision boards, it helps us to consciously set intentions and take actions that will help us to achieve our dream lives.

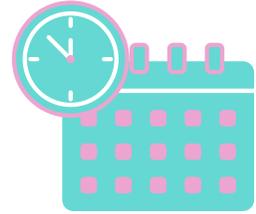


I then did this same exercise with my two kids - Ryan (13) is an aspiring Major League Baseball player and his is full of his favorite athletes and motivational quotes and Jayden (11) is an avid gymnast and aspiring interior designer so hers is very creative.

I look at my vision board every day and I can tell you that without a doubt I can see how every area is improving and I am getting closer to making my dreams a reality.

I hope you are inspired to create your Vision Boards. As we approach 2021, now is the perfect time to begin visualizing your goals. Believe in your ability to manifest your dreams, while remaining unattached to what the outcome will look like or even when your dreams will become reality. By holding belief while remaining unattached, you allow the Universe to work in your favor, perhaps delivering beyond what you could have imagined yourself. I look forward to hearing how you have manifested your dreams!

Important Deadlines



JANUARY 15TH

Employers - December Payroll Tax Deposits are due

Individuals - 2020 Estimated Tax Payments due - 2020 Form 1040-ES

Employers - Nonpayroll Withholding. If the monthly deposit rule applies, deposit the tax for payments in December 2020.

JANUARY 31ST

All employers - W-2 Forms are due to employees

Business Owners: 1099 & 1099-NEC forms are due to contractors

IF YOU WOULD LIKE ASSISTANCE WITH PREPARING YOUR 1099'S, WE WILL NEED THE INFORMATION PRIOR TO 1/20/21 IN ORDER TO ENSURE THAT WE WILL BE ABLE TO PROCESS BY THE 1/31 DEADLINE



Contact Us

YOU CAN NOW TEXT US
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HAVE A QUESTION?
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Get Your Cosmic Mojo On

WITH ASTROLOGER HATTIE PARKER, MS,ED

COSMIC MOJO ALERT: The date of birth of a person, place or thing - viewed from a cosmic perspective - can be thought of as the date when that person, place or thing gets enrolled in "Earth School." Schools are places for learning. The year 2021 was "born" on January 1, 2021.

NUMEROLOGY INSIGHT: $1/1/2021 = 1 + 1 + 41 (20 + 21) = 43, 4+3 = 7.$



In numerology, the sum total of our date of birth is designated as our Life Path Number. It is a number that helps us define and understand the nature of the life lesson to be learned. So 2021 was born on a numerological 7 day. The strongest attribute of the number 7 relates to following one's heart.

COMMENTARY: THE NUMBER 7 AND OPTIMAL DECISION MAKING IN 2021

From a cosmic perspective, when one chooses to act in harmony with the Life Path Number of a year, the likelihood of realizing successful results and outcomes is enhanced. As we explored in last week's Cosmic Mojo Alert, the planet Jupiter is inviting us this year to take positive steps towards how we manifest affluence in our lives. The Life Path numerology of 2021 directs us to follow our hearts in making important decisions in our lives. As business people we are perhaps more inclined to rely on how logical a decision seems and following our hearts may seem counter-intuitive. I invite you to accept the invitation that 2021 presents to us... to search within to know what it means for us to do what we truly want to do, and then to actually take action to do it.