

Frequency Friday

WEEKLY TIPS FOR YOUR WELL BEING

Freshly Married

SUCCESS IS NOT FINAL,
FAILURE IS NOT FATAL:
IT IS THE COURAGE TO
CONTINUE THAT COUNTS.

- Winston Churchill -

Everybody has to experience failure at some point in their life and it is how you deal with that failure that will really make a difference. If you view failure as an opportunity, you will be able to recover quickly and progress towards your goals. Having the ability to be resilient and bounce back from failure is one of the six attributes that make up mental toughness.

Having a positive perspective means shifting the way failure impacts your life. Instead of allowing it to tear you down, you can choose to use it in a positive way. To do that, you need to begin thinking about failure quite differently.

"The difference between average people and achieving people is their perception of and response to failure."

- JOHN C. MAXWELL

The failure has happened, accept it. Don't spend too much time dwelling on the past or feeling self-pity for the misfortunes you faced. Right now, you have a wonderful choice to make, either continue to feel sorry for yourself and let anger consume you or decide you will handle the failure positively and focus on what's in your control.

Next time you are faced with failure, try focusing on these key areas:

- **Your Thinking:** What thoughts come to mind when you fail? Do you criticize yourself or do you use uplifting and positive self-talk?
- **Your Attitude:** What's your attitude when it comes to failure? Instead of taking it as a personal defeat, view it as a learning experience (more on this in the next section).
- **Your Attention:** Are you giving focus to your past, going over all the things you could've done better? Or do you put all your attention and energy into improving yourself and progressing forward?

While we may not be able to control whether failure happens to us, it's completely within our power to choose how we view failing. For some reason, we feel like failure must be viewed in a negative way. Holding to this idea is what leads to an intense fear of failure. We build up all these negative and threatening consequences around failing, that it's natural to become terrified of it happening to us.

Instead of being afraid to fail and taking each one so personally, begin to view them as learning opportunities. Each time you fail, you grow one step closer to your goal. It can serve as an incredible opportunity to learn what does and doesn't work and alter your approach accordingly.

Once you start to see failure as a lesson, your view of it becomes much more objective. You would not take a math lesson personally; you'd simply learn from it. Have the same mindset in terms of failure. See it as a mere lesson that's actually positive, since it's helping you inch your way closer to success.

Business Spotlight

Salon 26 North

Salon 26 North offers comfort in a relaxed environment where you can depend on superior service with exceptional quality and results that exceed expectations. Visit Salon 26 North and Change Your Latitude!

Sean Kennedy has over 15 years of styling residents of Palm Beach County & he and his team have the expertise to pinpoint the style and color that best fits their clients lifestyle & personality!

- Hair Cut & Style
- Hair Color
- Hair Extensions
- Hair Smoothing & Retexturing

<https://salon26north.com/>
561-744-9594

1665 N Old Dixie Hwy., Jupiter, FL 33469



POSITIVE AFFIRMATIONS

Every challenge, every
adversity, contains within it
the seeds of opportunity
and growth.

Ray D. Bennett

Affirmations for **SUCCESS**

*My mind is free of resistance and
open to the possibilities.*

*Opportunities surround me,
and new ones appear every day.*

*I believe in myself
and in my ability to succeed.*

I love what I do!

Important Deadlines



MAY 31ST

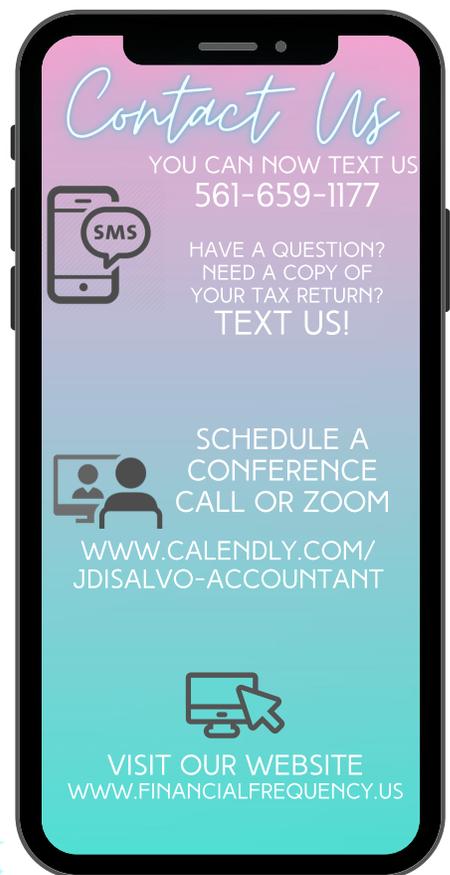
- Deadline for submitting 1st & 2nd round PPP applications *most lenders will cut off the applications by mid-May

JUNE 15TH

- 2nd 1040-ES Estimated tax payment due for 2021

SEPTEMBER 15TH

- Extension deadline for Partnership & S-Corporation Tax Returns



Tax Talk!

IRS Refunds:

The IRS has announced that refunds are being delayed and to check [IRS.gov/refunds](https://www.irs.gov/refunds) for updates. The IRS has stated that it could take 10-12 weeks for refunds to be processed.

Tax Refund Adjustments:

If you receive a reduced refund it may be due to an adjustment due to Round 1 and/or 2 of your Economic Impact Payments reported on your tax return. You should check your bank account to confirm amount actually received for these payments.

Advanced Child Tax Credit Payments:

The American Rescue Plan Act (ARPA) of 2021 expands the Child Tax Credit (CTC) for tax year 2021 only. The expanded credit means:

- The credit amounts will increase for many taxpayers.
- The credit will include children who turn age 17 in 2021.
- Taxpayers may receive part of their credit in 2021 before filing their 2021 tax return.

For tax year 2021, families claiming the CTC will receive up to \$3,000 per qualifying child between the ages of 6 and 17 at the end of 2021. They will receive \$3,600 per qualifying child under age 6 at the end of 2021.

The increased amounts are reduced (phased out), for incomes over \$150,000 for married taxpayers filing a joint return and qualifying widows or widowers, \$112,500 for heads of household, and \$75,000 for all other taxpayers.

*****Details coming soon regarding how to receive this credit starting in July 2021.*****

Get Your Cosmic Mojo On

WITH ASTROLOGER & NUMBEROLOGIST HATTIE PARKER, MS,ED

TO CRYPTO OR NOT TO CRYPTO: THAT IS THE QUESTION

Crypto investing is currently a roller coaster. As I have experienced crypto investing to be life changing and thus have been, a crypto enthusiast, I frequently engage in conversations about crypto. These conversations are with people who are already invested in crypto and also complete newbies.

Crypto is new, and by its nature, has ups and downs. It is decidedly complex. Most people tend to fear change and newness. I find many folks focus primarily on their objections and concerns. I understand. It is confusing. I was inspired to proceed by an excellent astrologer whom I trusted. However I must admit I was scared the first time sent cash off into cyber space. And when I find my crypto balance rapidly declining as it has in the past week it gives me pause to wonder if I am doing the right thing.

There is plenty of FUD (Fear, Uncertainty and Doubt) surrounding crypto investing. Warren Buffet has called crypto "rat poison," Elon Musk (whom I believe is being manipulative and totally self serving) is raising issues with the amount of energy consumed to mine Bitcoin. As a professional astrologer I find direction and reassurance from reading the stars. Delightfully the Bitcoin birth chart literally shows it to be an asset that can make dreams come true. Thus, when I am confronted by the downer effect of the doubters, I harken back to remembering this uplifting perspective.

Today there are millions people engaged in crypto currency investing. Credible investment professionals project that 5 years from now 5 billion people worldwide will be engaged in using crypto currency*. Crypto is a trend that will keep on growing. Given there are financial advantages to jumping in early in the game (and currently it is still early) I encourage you to choose to Crypto invest sooner (while prices are low) rather than later.

I know from my own experience that having guidance and direction to assist with commencing and/or advancing with crypto is very helpful. Our savvy Jill DiSalvo and I are in the process of creating a membership group designed as a safe environment for learning about and exploring saying "yes" to crypto investing. You can help us by sending Jill (jdisalvo@d-acpa.com) your questions and/or experiences with crypto investing. If you would like to learn more -- stay tuned.

***Source: <https://www.youtube.com/watch?v=cKmRc-mTotY>**