

# Frequency Friday

## WEEKLY TIPS FOR YOUR WELL BEING



Positive Mind  
Positive Vibes  
Positive Life

TODAY WAS THE ABSOLUTE WORST DAY EVER  
AND DON'T TRY TO CONVINC ME THAT  
THERE'S SOMETHING GOOD IN EVERY DAY  
BECAUSE, WHEN YOU TAKE A CLOSER LOOK,  
THIS WORLD IS A PRETTY EVIL PLACE.  
EVEN IF  
SOME GOODNESS DOES SHINE THROUGH ONCE IN A WHILE  
SATISFACTION AND HAPPINESS DON'T LAST.  
AND IT'S NOT TRUE THAT  
IT'S ALL IN THE MIND AND HEART  
BECAUSE  
TRUE HAPPINESS CAN BE OBTAINED  
ONLY IF ONE'S SURROUNDINGS ARE GOOD  
IT'S NOT TRUE THAT GOOD EXISTS  
I'M SURE YOU CAN AGREE THAT  
THE REALITY  
CREATES  
MY ATTITUDE  
IT'S ALL BEYOND MY CONTROL  
AND YOU'LL NEVER IN A MILLION YEARS HEAR ME SAY THAT  
TODAY WAS A GOOD DAY

*Now read from the bottom to top.*

-Written by 11th grader Chanie Gorkin, Brooklyn, NY

*"Whether you think you can or think you can't,  
you're right!"* -HENRY FORD

Positive and negative thinking are contagious. With a positive attitude we experience pleasant and happy feelings. This brings brightness to the eyes, more energy and happiness. Even our health is affected in a beneficial way. We have to remember we affect and are affected by the people we meet in one way or other. This happens instinctively and on a subconscious level through words, thought and feeling and through body language. *"Be the positive effect in someone else's life full of negativities"* -Rittika Mukherjee. Positive thinking helps with stress management and can even improve your health.

Bruce Lee once said, "As you think, so shall you become." Proverbs 4:23 also says "Be careful how you think; your life is shaped by your thoughts." Norman Vincent Peale said, "Change your thoughts and you change your world." Buddha said, "We are shaped by our thoughts. We become what we think. When the mind is pure, joy follows like a shadow that never leaves."

There's a reason why some of the most influential people in history have all said that our thoughts (and beliefs) create our present-day realities, and where we put our focus is the direction we tend to go.

# Business Spotlight



**FOUNDATION  
CHIROPRACTIC  
CLINIC**

*Building a firm foundation is the key to a healthy mind and body*

Foundation Chiropractic Clinic offer the following services: Chiropractic medicine, Physical therapy, Massage, Physicals (DOT, sports), Athletic Training Consultants, Minimal visits at minimal costs

Dr. Mitzelfeld, (Dr. Chuck) designed his practice to be a medical asset to the community as the place to go with all your health needs and he wanted to be the doctor everyone called with all their conditions. This is exactly what has occurred and his patients' friends and family depend on him to either treat their condition or refer them to the doctor that can. Their mission statement is building a firm foundation is the key to a healthy mind and body. This includes being the doctor anyone can call at any time whether to explain their medical records in plain English, direct them to the correct specialist or personally assist them with their chiropractic needs. The patients that get the best results at Foundation Chiropractic Clinic are those that come with an open mind and a desire to get well.

*New Patient Special Offer*  
This card entitles you to a special introductory offer

**\$40.00** (Retail value \$140.00)  
Consultation, Spinal Exam & X-Rays (if medically necessary)

**Call 561.684.0333**

Building a firm foundation is the key to a healthy mind and body  
[www.FoundationChiro.com](http://www.FoundationChiro.com)

Offer Expires: 3.31.2021

DO NOT PRESENT THIS CARD AT TIME OF SERVICES. THE PATIENT & ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS THE RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION OR TREATMENT WHICH IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED OR REDUCED FEE SERVICES, EXAMINATION OR TREATMENT. FEE AT THE TIME OF SERVICE FOR A CHIROPRACTIC LIMITED EXAMINATION IS DISCOUNTED AT \$40.00. THIS OFFER CAN NOT BE USED WITH MEDICARE OR MEDICAID.

## Important Deadlines



### MARCH 15TH

Business Tax Deadline for S-Corporations & Partnering/Extension Filing Due

### APRIL 1ST

FL Corporate Deadline for C-Corporations  
FL Tangible Personal Property Deadline

### APRIL 15TH


Individual & C-Corporation deadline/ Extension Filing Due


### MAY 1ST

FL Annual Report Deadline


*Contact Us*

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NEED A COPY OF  
YOUR TAX RETURN?  
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 SCHEDULE A  
CONFERENCE  
CALL OR ZOOM

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# Get Your Cosmic Mojo On

WITH ASTROLOGER HATTIE PARKER, MS,ED

## LOVE, MONEY AND IMAGINATION

The planet Venus rules over love and money. It is currently passing through the sign of Pisces, the sign of optimism and imagination. Currently the Sun, the strongest force in the zodiac and Neptune, the ruler of Pisces are also in Pisces. There, thus, is plenty of cosmic mojo horsepower behind the capacity to be inspired to dream big in the domain(s) of love and/or money. In keeping with the concept that if you can think or dream some idea or thing you can make it happen, the following prompts may help spark your imagination so you actually succeed in change your life for the better.

### CHALLENGE YOURSELF TO IMAGINE:

- You feel so abundantly blessed in life, you are inspired to freely help someone you love.  
OR
- You find yourself ready willing and able to dream bigger than you ever have before.  
OR
- Doors seem to magically open so you can achieve something you have wanted to do for a very long time.  
OR, OR, OR.



Looking ahead on March 12, 2021 we have a New Moon in Pisces. This will be the perfect time to begin something (i.e., what you have just imagined).