

Financial Frequency

WHAT'S YOUR FINANCIAL FREQUENCY?

Happy Frequency Friday!

Turn Your Vision Into Results

By: Arnold Schwarzenegger, *The Pump Daily*

PEOPLE LOVE SETTING GOALS. BUT THERE'S A 3-STEP METHOD THAT CAN TURN YOUR HOPES AND DREAMS INTO REALITY.

That's how I start my year every year. I write down what I want to accomplish because writing it down makes it real. No matter how challenging my visions might be, just the act of spending a quiet hour working on them makes me feel ready to conquer them.

Challenging ourselves is how we grow. We send a message to our brain that "I am doing this, whether you like it or not," and it lets us break through the inertia that wants to hold us in our status quo. I believe short-term challenges can remind us that we are in control.

I want you to sit down, without your phone or any distractions, and think about where you are and where you want to be. And then, I want you to write down three things that you will focus on this year to get to your vision of where you want to be and put it somewhere (a nightstand, your bathroom mirror, taped to your coffee maker) that you will see every day.

A few guidelines:

1. When you look at where you are now, do it without too much judgment. Be honest but not negative. Do you think I'm more likely to follow through with change if I start out saying, "Arnold, you look like a pig, you look like garbage, it's time to fix it," or "Arnold, studies show that people in better shape lead longer lives with fewer health problems, so losing a few pounds means more time to be here hanging out with the people you love?" Negativity freezes you; it makes you depressed about where you are instead of excited about where you can go. Lose the negativity.
2. You don't have to finish these things this year. These are big, big visions about changing who you are. You'll make insane progress this year, but you don't need to finish.
3. Only one of the three things needs to be about your health and fitness, but I want at least one to focus on your body. The Greeks always talked about a sound mind in a sound body, so I've always focused on both. The others can be things you've wanted to do for ages but you've put off, things you know you should do, or things that will improve you as a person or at work.

"You've been the way you are for a long time, you aren't going to reboot as a different person overnight, so the way you get to your big visions is through achievable goals."

There are three key components to making challenges successful:

1. Vision
2. Action
3. Celebration

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Turn Your Vision Into Results

continued

Here's how to make these three aspects work for you.

VISION

What did I tell you? Vision is everything. You must be able to visualize your end goal for it to be real.

Here's an example of three simple visions:

1. Learn German, French, or Spanish
2. Be more present with my friends and family
3. Lose fat and build muscle so I can be around and more active with my family for as long as possible.

Once you do this, write a note for each one about how you will get from point A to point B. Write down the ACTION that moves you toward your VISION. Don't bite off more than you can chew. People quit New Year's resolutions because they are too vague and too big. You've been the way you are for a long time, you aren't going to reboot as a different person overnight, so the way you get to your big visions is through achievable goals.

ACTION

Using the examples above, this is where you focus on those small steps. It's about creating a plan you can do repeatedly so your reps add up.

1. Learn German, French, or Spanish: spend 5 minutes each morning studying on Duolingo
2. Be more present with friends and family: designate a daily no-machine hour where all of my focus is on whoever I'm with and not on my device
3. Gain muscle and lose fat: devote, at least, 10 minutes a day to my body by walking or strength training.

CELEBRATION There's a final part of this, and it's keeping track of your daily tasks and celebrating yourself for achieving them. You have to reward yourself! And while I used to make tally marks on a chalkboard in my room, technology has made tracking small tasks much easier. Use the tasks or reminders function on your machine (mobile phone), and write down your three actions. Set it up so you get reminders every day, and every day, check them off. Five minutes of Duolingo, done.

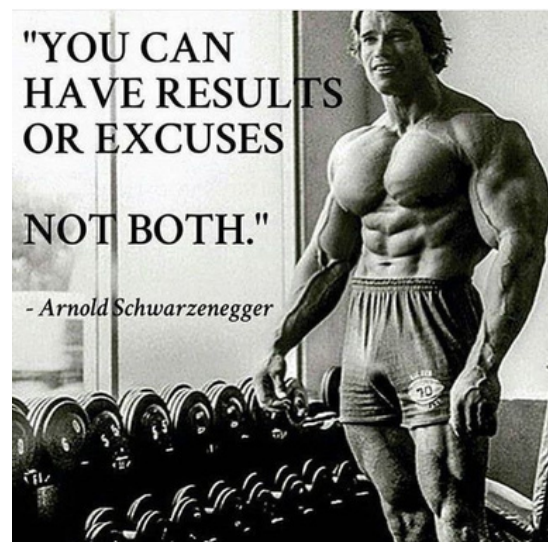
At the end of the day, look at your list. Take a minute to congratulate yourself on completing it (or if you still need to do 10 minutes of movement, get going!). At the end of a week, look at all those checked boxes and give yourself a real reward. Have something decadent for dinner. Take your family to a movie. Remind yourself this is because you kept moving and checking boxes every day.

This might feel small, but we are trying to do something big here. With little actions, we are changing your whole identity. Is studying German for 5 minutes going to make you a fluent German speaker this year? Probably not, just like 10 minutes of movement won't make you Mr. or Ms. Olympia.

But when you do that for a month, you'll notice that you've started to change. Because you've started. 10 / Pump Yourself Up The old you might have said, "I wish I could learn a language," or "I wish I wasn't on my phone when I'm playing with my kids or catching up with a friend," or "I wish I were in better shape."

You've evolved past that now. The new you stopped wishing and just started. As you grow, you might find yourself adding time to your tasks and growing your vision. Or you might not. The key is that you remind yourself you're the type of person who can create a vision and start moving toward it. You have to learn the three components of change: 1. Vision 2. Action 3. Celebration Now go out and do it! That is how you take charge of your life and improve your outcomes.

To subscribe to Arnold's E-newsletter to Build an Unstoppable Mindset, [CLICK HERE](#)



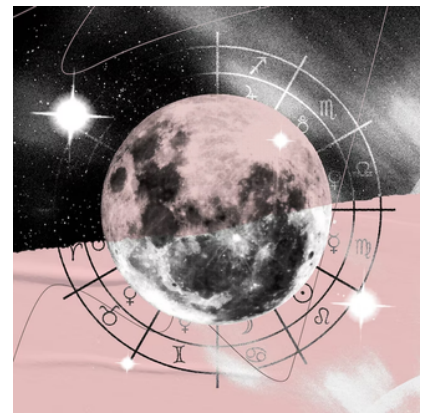
ELEVATE YOUR VIBRATION

Frequency 432

New Moon in Aquarius

January 21, 2023

Your relationship with your emotions might be more complicated, because Moon in Aquarius has a strong need for emotional freedom. However, when you are in a group of people, it is easier for you to understand your feelings and free yourself from negative emotions such as fear, anger and jealousy. On January 18, the trickster planet Mercury stations direct in Capricorn, ending the first Mercury retrograde of 2023. With one retrograde squared away in the books, the gears of the sky slowly begin to shift forward, and we are met with another pleasant gift from above: January 2023's new moon in Aquarius. New moons are a chance to dream big, and luckily, Aquarius is a master at thinking outside the box to envision a new world entirely. But what does this all mean exactly, and how can you work with the new moon in your own life?



Playing in Possibilities

What does it look like to choose to be in your creative life every moment?

In this podcast episode you get to wonder with Nanette as she shares how a dinnertime conversation became the content of this podcast episode.

Are you a creator who's getting hung up in worry about the unknowns? Do statements like "I don't know exactly what it's going to look like" or "I don't know what to call it" or "I can't see it clearly yet" stop you from exploring what else is possible? Does your Inner Critic stop you in your tracks just when you get going?

What if being willing to see the next step and to take it is all that you need!? Let your curiosity be the fuel that ignites all the possibilities of expanded expression.

Listen here:

<https://www.createplaylive.com/2019/06/09/episode-23-creating-without-limits-and-going-beyond-what-we-know/>

Let us know what you think over on the FB group. And remember to let your Inner Child out to play today.

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#wisewellwomen are #consciouscreators who #createplaylive!
Listen to our Podcast - Create.Play.Live.
Join us on Facebook at The Conscious Creators Cafe'



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The Taxpayer Roadmap: An Illustration of the Modern US Tax system

This is the "Taxpayer Roadmap" the IRS provides for taxpayer's to understand the stages of a taxpayer's journey and to show the complexity of tax administration and to show how the road to compliance is not easy for taxpayer's to navigate on their own.

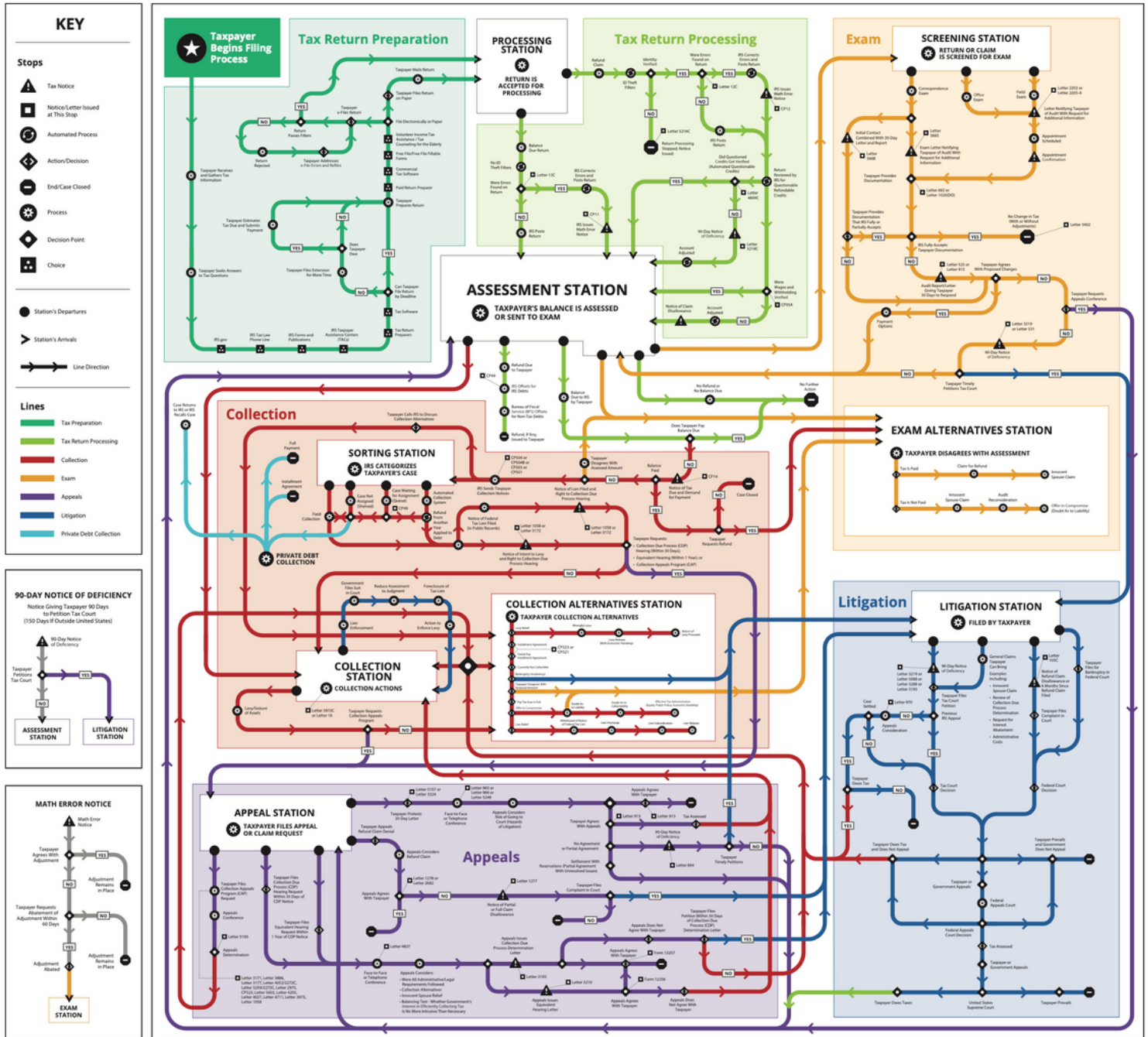
The Taxpayer Roadmap

An Illustration of the Modern United States Tax System

The map below illustrates, at a very high level, the stages of a taxpayer's journey, from getting answers to tax law questions, all the way through audits, appeals, collection, and litigation. It shows the complexity of tax administration, with its connections and overlaps and repetitions between stages. As you can see from its numerous twists and turns, the road to compliance isn't always easy to navigate. But we hope this map helps taxpayers find their way. A project of the Taxpayer Advocate Service.

For more information visit [TaxpayerAdvocate.irs.gov](https://www.taxpayeradvocate.irs.gov)

**TAXPAYER
ADVOCATE
SERVICE**
YOUR VOICE AT THE IRS



IRS Sets January 23 as Official Start to 2023 Tax Filing Season

(IRS) - The Internal Revenue Service announced Monday, January 23, 2023, as the beginning of the nation's 2023 tax season when the agency will begin accepting and processing 2022 tax year returns. E-filing began on January 12, 2023 for business returns.

Cosmic Crypto Mojo

WITH ASTROLOGER & NUMEROLOGIST HATTIE PARKER, MS,ED
A CRYPTO PRIMER: EARTHBOUND AND CELESTIAL NEWS AND VIEWS
GET YOUR COSMIC MOJO ON

Everything is Energy
Embrace the Energy of Courage in 2023

- Aura imaging reveals personal energy that is otherwise typically invisible
- Insight into your energy is possible and can be life changing

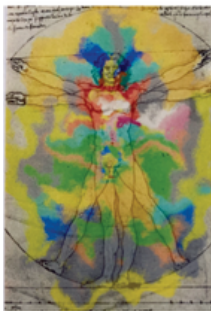
This person was not happy with her living situation and geographical location. She had her Before aura image taken at a time when she was preparing to leave behind life as she had known it and set out to find a new location. Her After aura was taken, in a surrogate distance appointment, 6 months later (after relocating).

2023 A Year for Being Courageous

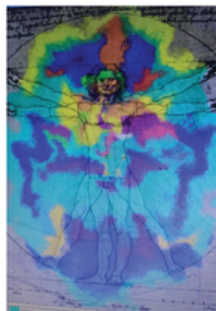
In numerology 2023 is a number 7 year ($20 + 23 = 43$, $4 + 3 = 7$). The energies of #1, #4, and #7 are all associated with Courage and sympatico with each other. Thus, we are in a year that favors courage. We started this year with Mercury in retrograde as of Thursday 1/18 Mercury has started moving forward. Thus, now is an even better time to be planning for this year than was New Year's day.

A very abbreviated analysis:

A Case for Courage



Before A Very Courageous Life Change



After A Very Courageous Life Change

Before:

The abundance of yellow and gray indicate that at the time this aura image was taken this woman was deep in thought and worry about her future. The red around the heart shows the motivation to take action. The white in the heart area is a sign of feeling unfulfilled.

After:

Green and turquoise reveal balanced energies. The improvement is thus so obvious I barely need to say more about how very much energetic upliftment has happened. The heart area is now showing a rich pallet of color revealing she has new energies to work with as she further finds a happier new life. Congratulations to her!!!



What does courage call me to do this year?

Making plans and setting goals can feel tedious and a call to be courageous daunting. Thus, alternatively, you can choose to be playful. Carve out a little quiet time and say to yourself: If I were to be leaping tall buildings in a single bound this year I would...Playfully try it. See what comes up. Hopefully it helps take some of the need for seriousness out of your planning equation.

Should you discover you want added support and you want help that has a Cosmic flavor and influence a possible resource in is our wheel house:

Jill DiSalvo, Business Coach,
Nanette Saylor, Creativity and Life Coach,
Hattie Parker (Me) Cosmic Mojo Coach

We are available for you to work with us individually or with the 3 of us in combination. Testimonials are available at <https://frequency432.us/>