

Frequency Friday

WEEKLY TIPS FOR YOUR WELL BEING

POWER OF COMPOUNDING INTEREST & TRADITIONAL IRA'S

I know that most of the business owners that I work with are passionate about their business and believe in reinvesting in their business because they know what they can turn a \$1 into. But, we are not getting any younger and now that I am in my 40's (eek!), the time is now to start thinking about putting money away so we don't have to work forever!

The really cool thing is the magic of compounding interest! The first place to start is to consider making a contribution to a traditional IRA. For 2020, you can contribute \$6,000 per year (or \$7,000 if you are over 50 with the catch up). The \$6,000 is tax deductible, so you save tax on every one dollar that you contribute based on your tax bracket. So you would save \$1,440 in tax if you are in the 24% bracket.



But that's not the exciting part...If you put \$500 per month or \$6,000 per year in an IRA for 10 years, you would have \$81,632 and in 20 years you would have \$231,020. So as you can see, the earlier you start the more you will have socked away for retirement. You can set up the traditional IRA accounts for free too. (Please note this illustration assumes an average rate of return of 6%)

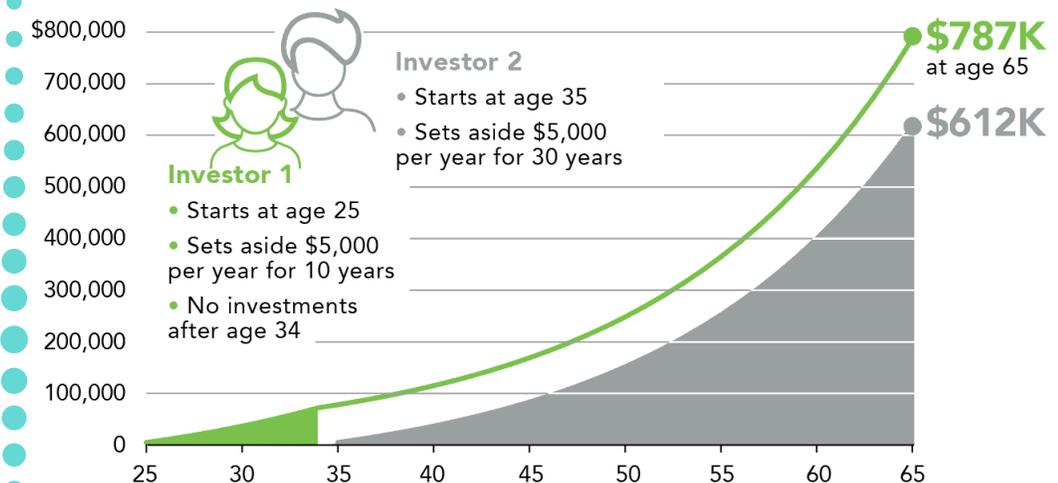
The next step would be to contribute to a SIMPLE IRA which enables you to contribute \$13,500 or \$16,500 for those over 50. There are other types of retirement plans that will be highlighted in future posts, but the main point is – what are you waiting for! Start now and remember, even if you are not able to contribute \$500 per month, you are better off starting with something – there is no amount too small – just start today! I got started with Acorns on my Iphone - when I first started, I did \$50/week and it is super simple to set up. [Click Here to get started today!](#)

Do something today your future self will thank you for"

-SEAN PATRICK FLANERY

The power of compounding

This example shows how the earlier a person starts saving for retirement, the more time that money has to grow.



Note: Assumes an 8% interest rate, compounded annually.

Business Spotlight



Dr. Elizabeth Gonzalez-Bruno is a graduate of Palmer Chiropractic College, She managed a household with three children while attending school full time. After graduation, she worked at several state colleges teaching anatomy and physiology where she earned adjunct professor of the year honors. Dr. Gonzalez-Bruno accepted a position with one of the largest Florida insurers as an injury claims trainer where she excelled in her field. She started working directly with patients at a well-known South Florida facility where she felt was her strongest desire. Dr. Elizabeth Gonzalez-Bruno says, after 18 years of patient care "this is what I love to do". Dr. Elizabeth lives with her husband and children in Palm Beach County. She is a current member of Florida Chiropractic Association and Florida Chiropractic Physician's Association. She is fluent in the Spanish language.

NEW PATIENT SPECIAL \$50 (Usually \$150)

Exam, Mini Massage, Adjustment

School/Sport Physical \$25 or **DOT Physicals** \$80

<https://flexmedicalcenters.com/>

Important Deadlines



MARCH 15TH

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

APRIL 1ST

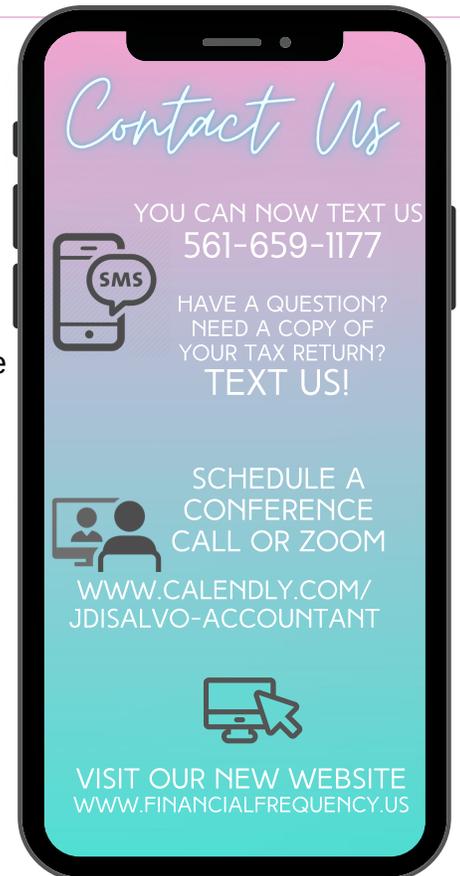
FL Corporate Deadline for C-Corporations
FL Tangible Personal Property Deadline

APRIL 15TH

Individual & C-Corporation deadline/ Extension Filing Due

MAY 1ST

FL Annual Report Deadline





Aura & Accounting

Friday February 26th

Only TWO appointments still available

10am or 12pm

90 minute session with Hattie Parker

Financial Frequency is delighted to partner with Hattie Parker, MEd, Aura and Life Energy Consultant, Astrologer and Numerologist. Jill was introduced to Hattie in June 2020, a time when Jill was heavily focused on helping clients access stimulus funds. Faced with juggling the increased pressures of the business and the sudden need for home-schooling, she was near burn-out. Hattie's insights and recommendations proved profoundly helpful.

Hattie offers guidance for both individual and professional problem solving. In her enthusiasm for Hattie's work, Jill has arranged for her team members to individually benefit from Hattie's expertise. Jill sees this as not only enhancing self-awareness but assisting in team building.

Jill recommends and strongly encourages clients to gain the personal and professional insights available through consulting with Hattie. Sessions with Hattie can result in an understanding of ways to optimize the life energy body, which in turn leads to the balancing of mind, body and spirit.

Find out more about Hattie at www.HattieParker.com

Get Your Cosmic Mojo On

WITH ASTROLOGER & NUMEROLOGIST
HATTIE PARKER, MS,ED

WACKY WEIRD WEATHER WISDOM

Last week I highlighted the wisdom of expecting the unexpected. This week I am writing at a time when we are learning about how Texas is experiencing the weirdest of weird unexpected weather. My friend who lives in Houston shared with me that she is without electricity and is dressed in multi-layers of clothing and wrapped in blankets. She, who believes in the efficacy of the idea that thoughts are powerful, is focusing on being in Costa Rica as a way of directing her thoughts on what life is like in the comfort of warmth.

We, in Florida, can count our blessings. We haven't had to contend with ice and snow. However, it is way too early in this year to think we have been spared weirdness. For all of 2021 celestial events will be significantly influenced by Aquarius, the sun sign ruled by Uranus, the planet of surprises. The cosmos has just begun to be delivering experiences of wacky and weird.

Floridians are familiar with collecting needed survival supplies for facing the challenges of hurricanes. To get your Cosmic Mojo on for this year of expected weirdness I recommend you also prepare to have mental resources that will support your ability to preserve well-being in the midst of disruption. Last week, in keeping with the theme of Financial Frequency I commenced to invent a Peace of Mind Currency designed to offer resources for dealing with the unexpected. Click on the attached to discover additional ways for investing based upon attuning to universal wisdom.