

XOXO

Frequency Friday

love

WEEKLY TIPS FOR YOUR WELL BEING

SELF LOVE

Self
love
Club

“Why is self-love important?” you might ask. For many of us, self-love might sound like a luxury rather than a necessity — or a new-age fad for those with too much time on their hands. Ironically, however, self-care and compassion might actually be needed most by those of us who work too hard and who are constantly striving to surpass ourselves and grasp the shape-shifting phantasm of perfection. Most of the time, when we’re being too hard on ourselves, we do it because we’re driven by a desire to excel and do everything right, all the time. This entails a lot of self-criticism, and that persecutory inner voice that constantly tells us how we could’ve done things better is a hallmark of perfectionism. Studies have shown that perfectionists are at a higher risk of several illnesses, both physical and mental, and that self-compassion might free us from its grip. Therefore, perfectionism and self-compassion are inextricably linked.

“Love yourself first and everything else falls into line.
You really have to love yourself to get anything done in this world.”

~LUCILLE BALL

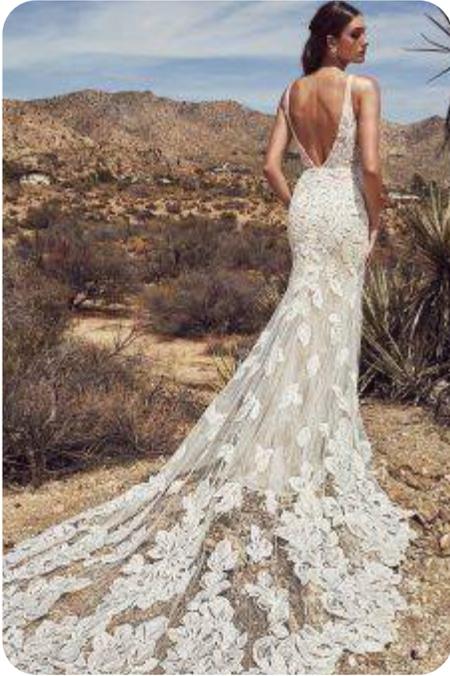
Practicing self-love can be challenging for many of us, especially in times when we face serious challenges. It’s not about being self-absorbed or narcissistic, it’s about getting in touch with ourselves, our well-being and our happiness. We practice self-love so we can push through our limiting beliefs and live a life that truly shines.



Do yourself a favor, take a deep breath, give yourself a little hug + start practicing loving yourself:
[Click here to see 30 great examples!](#)



Business Spotlight



Since 2006, Bacio Bacio Bridal is an award-winning, full-service bridal boutique. You will find a beautiful selection of wedding dresses in an atmosphere that is relaxing and fun. They strive to provide you with a special experience from the moment you enter their beautiful boutique showroom!

LIMITED TIME OFFER

\$150 off of any Justin Alexander or Calla Blanche bridal gown order
plus 20% off any veil through March 1st
<https://www.baciobacio.com/>

Important Deadlines



FEBRUARY 12TH

Individual Tax Returns can be e-filed

MARCH 15TH

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

APRIL 1ST

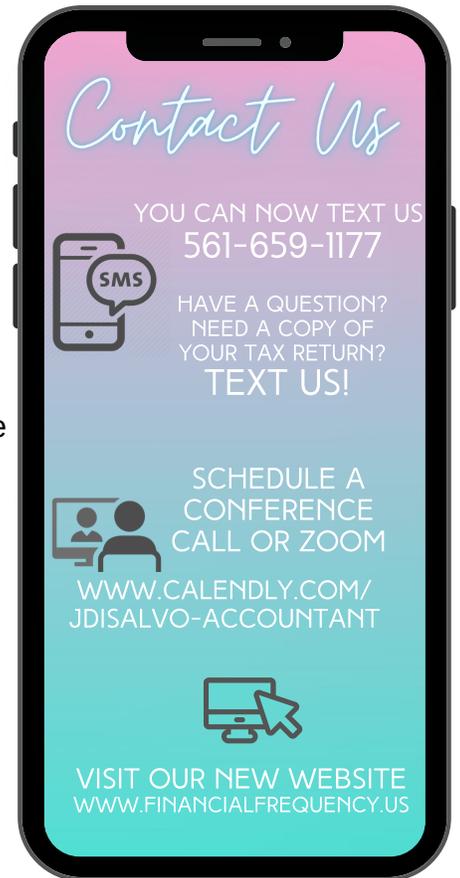
FL Corporate Deadline for C-Corporations
FL Tangible Personal Property Deadline

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

Book Now's

Get Your Cosmic Mojo On

WITH ASTROLOGER & NUMBEROLOGIST
HATTIE PARKER, MS,ED

2021 A DAVID AND GOLIATH YEAR

If you are familiar with the story of David and Goliath you know that in all reasonable estimates David, an average sized young man, was not a likely candidate to be slaying a mighty giant. However the unexpected happened. David prevailed!

The frequencies of the sun the moon and the stars (planets) make their presence known in our lives whether we know about and acknowledge them or not. For example currently we have 4 planets (including Mercury in retrograde – see Cosmic Mojo #5) and the Sun (the most important of heavenly bodies) all in Aquarius, the most quirky of sun signs. Uranus, the planetary body with the most quirky frequency, rules Aquarius. These Aquarius planets are positioned in the heavens to be in a challenging energetic relationship to Uranus.

When Aquarius and Uranus are in play it is time to expect the unexpected. Case in point, in the world of financial frequencies we recently watched small investors prevail over giant hedge funds. During all of 2021 Aquarius and Uranus are in play, in the extreme. This year portends to be a year of expecting the unexpected on steroids.

THE FOLLOWING ARE A FEW SUGGESTIONS OF ACTIONS YOU MIGHT TAKE TO PARTNER WITH THIS ENERGY:

Do an inventory of your personal and professional lives to assess how you can make small changes. Then remember to approach doing so with an attitude of wonder and curiosity.

Just for kicks (as Uranus can be very playful) take a chance with investing some small sums in penny stocks

Download the attached "[2021 EXPECT THE UNEXPECTED](#)" PDF and cut out the dollar shaped graphic. Place it in the bills section of your wallet and call on it to serve you as an ever present reminder that this is a year in which you are likely to be a much happier camper IF you go with the flow.

Stay open and curious. Stay alert and you are likely to discover more surprising signs of how you are prevailing in unexpected ways.

2021
Expect the
unexpected