

# Frequency Friday

## WEEKLY TIPS FOR YOUR WELL BEING

### momprenneur.

noun (mom+entrepreneur)

A multi-tasking woman who can balance both the stresses of running a business as an entrepreneur, and the time-consuming duties of motherhood at the same time.

Being a woman entrepreneur may be one of the most challenging jobs in the world, but being a mompreneur (mom and entrepreneur) is more so. You have to live two demanding roles, that of a mother and an entrepreneur, simultaneously. It may bring you down on your knees sometimes, urging you to trade one dream for the other. Nonetheless, you must hold on! Many successful businesswomen believe you can balance motherhood and entrepreneurship perfectly. As you can't give up contributing to the household income, you must find a way to balance the two roles. Here are five tips that will prove helpful:

#### 1. Keep Honing Your Time Management Skills

As you will need to live a double life, you have to function at your maximum efficiency almost 24/7. Without impeccable time management skills, you will be wasting the time you don't have. So, you need to keep improving your time management skills forever. You should have a well-planned daily schedule every day, even on weekends. Also, make sure to plan your next day the day before. Make a to-do list using a planner that suits you. How much time and energy will you require for completing a particular task? Will you have enough energy left to tend to the subsequent responsibility? Consider these two factors when planning the day. However, know that you can't get it all done, and that is okay. No one can do it all to perfection. Set realistic goals and have realistic expectations as well.

#### 2. Avoid Mom-Guilt at All Costs

For many women entrepreneurs, mom-guilt is the biggest concern. Sometimes, you may not have the time to attend a soccer match on account of a string of important business meetings, or you may not be able to make time to bake cookies. Guilt is a toxic emotion that can impair your performance on all fronts. However, as all your struggles are in your head, it is up to you to learn to say no to mom-guilt. Getting rid of mom guilt is not easy, but it is doable. The moment you stop thinking about it, you will not feel guilty as a mom nor as an entrepreneur.

#### 3. Delegate Responsibilities

As mentioned in the first point, you can't do it all. That's why you should delegate personal as well as professional responsibilities to others. For example, if you need some mommy time, you can hand over a few of your entrepreneurial duties to your deputy for the day or on a daily basis. You can also have an extended help network from other family members and friends. Don't forget to show your appreciation for the help you are getting from your partner or other family members. A simple "thank you" after they have put the kids to bed can go a long way.

#### 4. Learn to Roll with It

Leading the life of a mompreneur is often messy and unpredictable. Despite your perfect planning, things may spiral out of control occasionally. You will fail to meet your daily goals from time to time, even though they are realistic. You have to learn to roll with the punches life throws at you. Accept that you will miss a deadline occasionally or have your baby spit-up on your blouse while attending a client call. Once you accept this reality, you can eliminate a lot of stress. Doing this will make not only your life easier, but also of those around you. Remember, acceptance is the key to professional and personal success.

#### 5. Mompreneurs Need Me-Time Too

One can easily get lost in their attempt to find balance between being a mother and an entrepreneur. If you are working from home, the lack of separation between these two roles often makes it difficult to set aside some me-time. However, you can't afford to compromise your mental or physical health. You not only need enough sleep, exercise, and nutrition to keep you going, but also solace whenever time permits. You can take up a hobby, visit a nearby spa or relax for a few minutes while sipping a cup of hot coffee. Just make sure to do it regularly. Make time for self-care in your busy schedule.

*Being a mompreneur is no easy task. From keeping your time management skills up-to-date to setting aside some me-time, these five tips will help you become a successful mother as well as an entrepreneur. They will help you create a balance between these two critical roles.*



HAPPY MOTHERS DAY

# Business Spotlight

## PALM BEACH MORTGAGE GROUP



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This weeks business Spotlight features a super Mompreneur. Suzanne has been originating home loans since 1985 and established Palm beach Mortgage Group, Inc. (as a Co-Owner & Founder) in 2001. She has persevered throughout her career while raising four daughters. She takes enormous pride in providing top-notch service and loan options for her clients, which is reflected by her outstanding reputation and reviews. An extremely knowledgeable expert in her field, Suzanne knows how to customize a loan to fit the specific needs of each and every borrower. In addition, she is committed to going the extra mile to help people to reach their goal of home ownership by obtaining the best mortgage possible.

# POSITIVE AFFIRMATIONS

Most of your stress comes from the way you respond, not the way life is. Adjust your attitude, and all that extra stress is gone.

[@mindfulsoulscom](https://www.mindfulsouls.com)



Attitude and stress have more in common than you might think. Having a positive and optimistic outlook on life improves health, self-confidence, relationships, and other important life aspects.

# Important Deadlines

## MAY 10TH

- Restaurant Revitalization Fund Portal opens for disadvantaged & minority owned businesses

## MAY 17TH

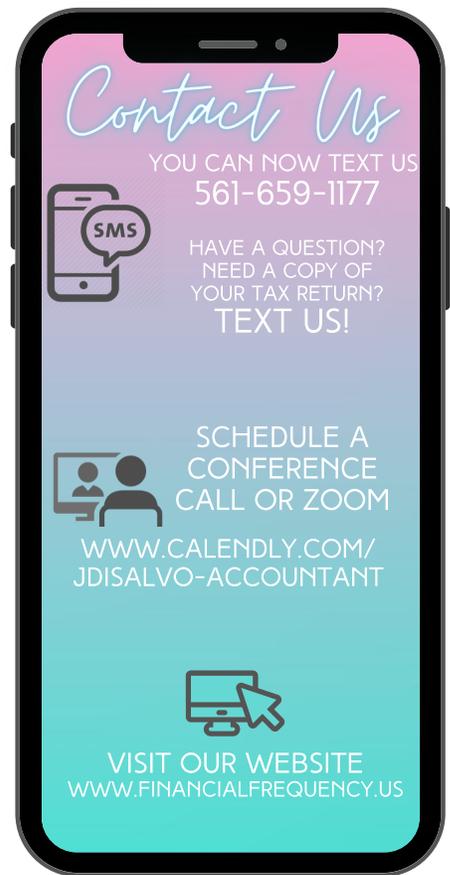
- Individual deadline/ Extension Filing Due
- 2020 IRA contribution deadline
- Form 990: Non Profit deadline

## 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



## 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.

### **Marketplace Insurance Updates:**

Under the American Rescue Plan, individuals can apply for Marketplace Insurance through Healthcare.gov. ARP increased the eligibility for financial assistance to help pay for Marketplace Coverage. If you have coverage, you should log in between **April 1st - May 15th** to see if eligible for increased subsidy. If you would like to apply for new coverage, you should apply on or before **April 1st**.

### **SBA EIDL Loan Increases:**

The SBA announced that they will increase loan limits on existing SBA EIDL loans. To request the increase, you should follow these instructions:

- Send email to [CovidEIDLIncreaseRequests@sba.gov](mailto:CovidEIDLIncreaseRequests@sba.gov)
- Use subject line "EIDL Increase Request for [insert your 10-digit application number]"
- Be sure to include in the body of your email identifying information for your current loan including application number, loan number, business name, business address, business owner name(s), and phone number.
- Do not include any financial documents or tax records with your initial request. You will receive a follow up email notification if they need additional documents.

# Get Your Cosmic Mojo On

WITH ASTROLOGER & NUMBEROLOGIST HATTIE PARKER, MS,ED

## STAR-INSPIRED TIPS FOR SUCCESSFUL OUTCOMES WITH EMPLOYEES, CO-WORKERS, CLIENTS, FAMILY AND FRIENDS

In ancient history "reading" the stars was the basis of how everything was planned and managed. The doctors, lawyers, mothers, fathers, laborers were laser focused on paying attention to heavenly (cosmic) information to navigate every aspect of life and living. We, thus, have inherited a comprehensive system that is nicely still be relevant today.

When you know a person's Sun Sign\* you have readily available insight into how a person approaches making decisions. This can empower you to be more effective in all relationships. The Sun Signs are divided into 3 modes or ways of being. These are Cardinal, Fixed and Mutable. Aries, Cancer, Libra and Capricorns, the cardinal signs, are self-motivated to get something accomplished. (Elon Musk is a Cancer) Taurus, Leo, Scorpio and Aquarius, the Fixed Signs, are slow to make changes and are predisposed to stand their ground. (Megan Markel is a Leo.) Gemini, Virgo, Sagittarius and Pisces are mutable signs that can go either way. They are, in some settings flexible and compliant, and others singularly self-determined. (Brad Pitt is a Sagittarius)

Through knowing the astrological sign of a person you manage, relate to or want to sell something to you thus have a useful insight into how to approach the person. Make sure a cardinal sign has enough information to make his or her own decision, give the fixed signs enough time to make a measured decision and give the mutable folks both information and time.

I encourage you to do your own research into the efficacy of this system. It has the potential to be a key to enhanced success and happiness in all your relationships.



\*All you need to know to determine someone's Sun Sign is the month and day of the birth.