

Frequency Friday

WEEKLY TIPS FOR YOUR WELL BEING

FINDING YOUR "WHY"

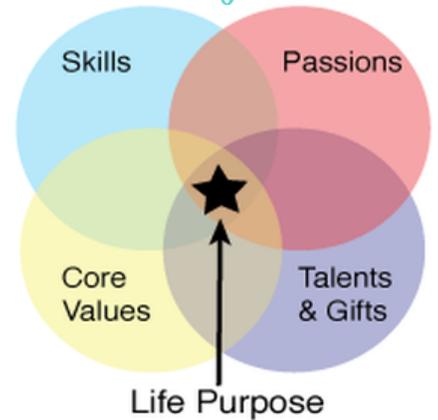
According to the book *Happiness at Work*, the average person will spend 90,000 hours at work—and I refuse to believe that we're all destined to spend that many hours in misery. Working for passion far outweighs working for a paycheck. But how do you get clear about your purpose – how do you know what your real reason is for showing up?

German philosopher Frederick Nietzsche once said, "*He who has a why can endure any how.*"

Knowing your why is an important first step in figuring out how to achieve the goals that excite you and create a life you enjoy living (versus merely surviving!).

While there's no one pathway for discovering your life's purpose, there are many ways you can gain deeper insight into yourself, and a larger perspective on what it is that you have to offer the world. Your 'life's work' sits in the intersection of your talents, skills/expertise, passions and deepest values

Reflect on the corresponding four questions below to help find the 'sweet spot' that sits in the intersection between what you care about, what you can contribute, and what will be valued most.



1. What makes you come alive?

The word inspire comes from the Latin, meaning "to breathe life into." Accordingly when you are working toward things that inspire you, it literally makes you feel more alive. Find a why that moves up the food chain from being about you to being about something bigger than you. It's about connecting with what you're passionate about, knowing that when you focus your attention on endeavors that put a fire in your belly, you grow your impact and influence in ways that nothing else can.

2. What are your innate strengths?

What are the things you've always been good at (sometimes wondering why others find it so hard?) Are you able to see patterns and opportunities amidst complexity? Are you creative, naturally adept at coming up with 'outside the box' solutions? Are you a natural born rebel with an innate ability to identify where the status quo is in need of a makeover? Are you brilliant in the details, naturally good at executing projects with a precision that some find tedious? Or are you a naturally gifted communicator, technocrat, diplomat, networker, leader, problem solver?

3. Where do you add the greatest value?

Doing work that you're good at, but which you loathe, is not a pathway to fulfillment. That said, knowing your greatest strengths and where you can add the most value—through the application of your education, skills, knowledge and experience—can help you focus on the opportunities, roles and career paths where you are most likely to succeed and therefore find the greatest sense of accomplishment and contribution.

4. How will you measure your life?

People who don't stand for something, can easily fall for anything. Deciding how you want to measure your life means making a stand for something and then living your life in alignment with it.



Business Spotlight



Sunkissed Hair Loft is a South Florida salon focused on providing a custom & creative experience, where clients can feel confident, beautiful and welcomed. Their vision is for all women who visit the loft to leave feeling empowered to embrace their unique beauty. The salon is focused towards creating natural looks + their stylists specialize in balayage, natural foiling patterns, color melting, precision cutting + hand tied hair extension services. Sunkissed Hair Loft promises to provide a fun, uplifting, and comfortable space to bring out your best self with happy & healthy hair! To learn a little more about the owner Nicole, [click here](#).

YOU'RE INVITED



ARE QUALIFIED REFERRALS IMPORTANT FOR YOUR BUSINESS?

I work with a group of business professionals who have developed referral relationships with each other. This process occurs through BNI® (Business Network International) and is the world's largest referral marketing organization. The primary purpose of BNI is to assist members in the exchange of qualified business referrals as well as expand their network. Our BNI members find value in the following areas:

- Generate Business - aid in reaching financial goals at an expedited rate
- Teamwork/Energy - working together, supporting each other, all while having fun
- Relationships/Trust - opportunity to develop long-lasting, meaningful relationships
- Structure/Learning - directed personal and professional growth

The benefits and relationships built from this group, growing trust, increased business, and added structure, have made a difference to me both personally and professionally. I have been a member of BNI for almost 20 years, it has become my number one source for new business referrals. Additionally, only one member per profession may join our group, so you get to lock out your competition!

We are currently meeting online via Zoom and we would like to reserve your spot, so kindly RSVP by registering on our chapter website.

[Here is the link to sign up to visit our chapter:](#)

By registering on our chapter website, you will automatically be sent our meeting Zoom link.

Also, [here is a link to find out more about our chapter & find the visitor registration.](#)

We look forward to learning more about you and how we can refer you business!



Important Deadlines

APRIL 30TH

- Form 1120 Corporate Deadline
- 1st Quarter 2021 Payroll Reports
Form 941 & RT-6

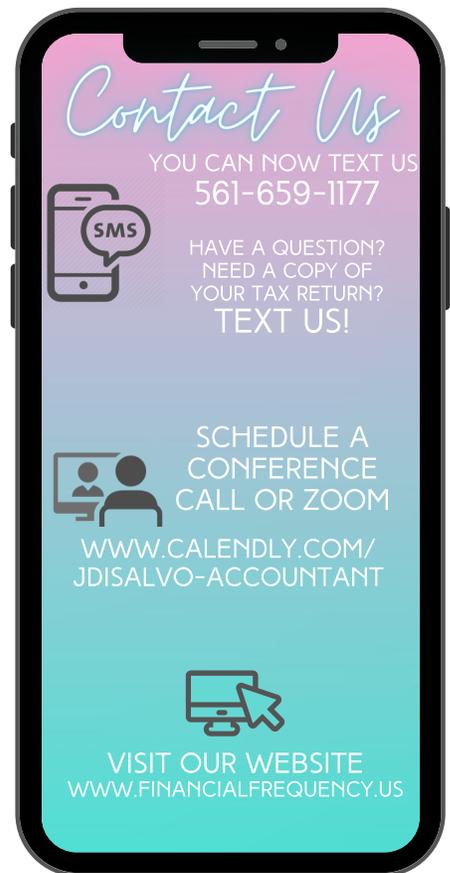


MAY 1ST

- FL Annual Report Deadline
- FL Corporate Return Deadline
Form F-1120 for C-Corporations

MAY 17TH

- Individual deadline/ Extension Filing Due
- 2020 IRA contribution deadline



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
- 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

INTRODUCTION TO LEARNING AND KNOWING ABOUT CRYPTOCURRENCY & YOUR INTUITION: GATEWAYS TO FLOURISHING IN A CHANGING WORLD

CRYPTOCURRENCY: WHAT IS IT?

Cryptocurrency is a monetary system using a technology called blockchain. Blockchain is a decentralized technology spread across many computers. Part of the appeal of this distributed technology is that it is secure.

The decentralization aspect of this currency system empowers us to be able to be self-reliant in managing our own resources. Cryptocurrency enables us to become our own bank. We are in the midst of a huge global paradigm shift. You might think of it as being similar to the lifestyle change that happened when the automobile took out the horse and buggy.



Want to Learn More??

There is a vast amount of information for all levels of learners (beginner, intermediate & advanced) available on YouTube.

You might like to check out a couple of my favorites:

Coin Bureau & Crypto Casey

If you want to hear a highly intuitive business man who is "all in: in Bitcoin check out videos in which Michael Saylor is being interviewed.

Intuition: Your Gateway to Comfortable Self-Reliance

Because this is such a far reaching paradigm shift, crypto will grow to touch the lives of everyone. I highly recommend you start ASAP to study and learn about crypto. There are fundamentals you need to know to engage with it. Further there will be skillful decisions and moves you can make to flourish with it. I also know you, nor I, will ever be able to wrap our brains around all there is to know. As I see it when traveling this path if you are to be COMFORTABLY SELF-RELIANT you will want to have a solid sense you can trust your intuition

About Learning About Your Intuition

When we attended elementary school we were tested to find out if we were good at almost every discipline known to humankind. We were tested to see if we were good at math, science, sports, drawing, etc., etc., etc. Once evaluated if we proved more capable in one skill over another, for example. if you were good in math but not in essay writing, you learned about yourself in this regard as well. The process was useful in helping us form a self concepts so we could use this self-awareness guidance for figuring out how make our way in the world. However, unless you went to a very unique and unusual school you most likely were never tested to determine if you were skillful at using your intuition. Thus it was not an personal attribute or skill you learned anything about. If you have had life experiences that have served to empower you to trust your intuition lucky you. If you feel uninformed and even clueless about your intuition, I want to reassure you there are many "Cosmic" tools that can help you understand and gain greater confidence in your intuitive style and strengths. Stay tuned to this column to learn more.



Call to Action:

Request for Your Questions and Concerns

In the coming weeks I will continue to address the topics of crypto and Intuition. If you have questions you would like me to address please send me an e-mail

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