

# Frequency Friday

WEEKLY TIPS FOR YOUR WELL BEING



Checkout this DRAMA TAX ARTICLE we found at [Conscious Leadership Group](#):

Your personal taxes are done for the year, right? Oh, but income taxes are but one type of tax we pay. There's another tax we all pay, one that doesn't contribute to bridges or roads or education or healthcare or the military: a drama tax.

Imagine your energy, aliveness, health, creativity, and intellect all at full capacity, like in a video game. Now imagine that every time you create or engage in drama that your levels of all these things go down, shaved right off the top. That's your drama tax.

Because we're human, we're all going to create some amount of drama. Our desire is to support all of us to minimize drama as much as possible, thus reducing our drama taxes.

We pay a drama tax every time that we expend energy that doesn't flow back our way, which is unsustainable. There are so many ways to create unsustainable relationships, situations, and outcomes.

Some of the most common ways our clients pay a drama tax on the daily:

- Attending meetings they don't want to attend because they don't find them valuable
- Having meetings after the meetings because they aren't willing to practice candor
- Gossiping
- Overwhelming themselves by saying yes to too much work
- Not working primarily in their zones of genius and excellence, and spending the majority of their time in competence and incompetence

We want to help you to become more aware of your own drama tax burden. First, let's remember that we create drama because we're coming from a scared and threatened state, which is simply part of the human experience. As always, we start with acceptance: Are you willing to accept yourself for being scared and coming from a threatened state?

In the spirit of play, we designed a Drama Tax Quiz so you can find out what drama tax bracket you're in. In the spirit of growth (and reducing drama!), at the end of the quiz you'll receive practices related to the areas that increase your drama tax burden the most.

This quiz is a beta-version that only works on the desktop version of Chrome browser. If you want to take the quiz, that's where you'll need to be. Thanks for playing with us!

[Take the Drama Tax Quiz](#)

# Business Spotlight



<https://letsgetsocialpb.com/>



Let's Get Social PB (Palm Beach) is a collection of bloggers and professionals striving to create an interactive and engaging community of like-minded individuals. Through events, workshops, and connections our mission is to empower the voices of our members, facilitate relationships, and strengthen our presence within the South Florida market and beyond in a non-competitive way. Our quarterly events are geared towards facilitating networking, introducing educational speakers, providing industry updates, and cultivating opportunities, all while providing brands an effective platform to share their business and products with many of the area's most impactful Influencers and content creators.

## POSITIVE AFFIRMATIONS

I am worthy of love.  
I deeply and completely accept myself.  
I have everything I need to succeed in life.  
I am calm and at peace.  
I am thankful for everything I have.  
My life is full of abundance and happiness.  
My past experiences do not define me.  
I'm proud of myself for all of my big and little victories.  
What is for me will not pass over me.  
I am confident in my abilities to make the right decisions.  
I don't let others' thoughts or judgements affect me.  
I accept myself exactly as I am.  
My life is bursting with love, happiness, and prosperity.  
I find joy in the little things everywhere.  
My own self care is a priority to me.

**LET GO**  
OF THE PEOPLE WHO  
DULL YOUR SHINE,  
POISON YOUR SPIRIT,  
AND BRING YOU DRAMA.  
CANCEL YOUR SUBSCRIPTION  
TO THEIR ISSUES.

# Important Deadlines



## MAY 17TH

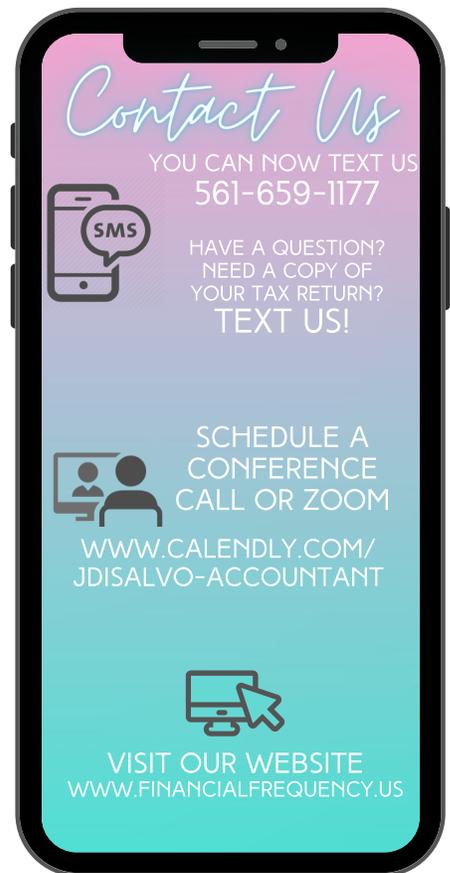
- Individual deadline/ Extension Filing Due
- 2020 IRA contribution deadline
- Form 990: Non Profit deadline

## 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

## A ECLIPSED FULL MOON 5/26/21 FORTUITOUS\* MONEY MOMENTUM AHEAD

\*Fortuitous: Happening by a lucky chance; fortunate

Ten years ago a financial red flag was waving in my face. Today I happily feel I know the meaning of the word fortuitous.

I have been a self-employed, sole proprietor, business owner for the past 30 years. During this time I have singularly focused on pursuing my passion for astrology and metaphysics. To make this viable I invested in studying, figuring out marketing and solving all the other logistical issues related to navigating solo self-employment. To my own peril I neglected planning for retirement. Thus a decade ago I became painfully aware I was behind the retirement power curve. I, thus, began focusing on financial planning catch up. In 2018, following the advice of a geopolitical astrologer, I invested in Bitcoin. Today, given the huge upsurge in the price of this asset, I now believe I have been and will be saved from my previous investment failings.

Perhaps many reading this have been much better at planning for retirement than I. And, however, no matter what your circumstances may be I would like to encourage you, if not already engaged, to begin to educate yourself and move forward to invest in crypto. Digital currency will be the WAY of the future and this year is a pivotal year. (It is in my opinion THE pivotal year for making profits never before available to the average investor.) The May New Moon (no moon) was in Taurus, the sign that rules money, on 5/11/21. Now the moon is increasing in light and therefore influencing our ability to see more clearly. As the progression of the moon moves toward it peaks with an eclipsed full moon on 5/26/21. Eclipses reveal information that has previously been hidden. If you have not been paying attention to crypto trending now is a good time to begin. The Full Moon will be in Sagittarius the sign that is ruled by Jupiter, the planet of luck. The choice to move into crypto is a choice to open your eyes and mind to an opportunity to be fortuitously lucky.

Jill and I are in the process of creating a membership support group to help people navigate the cypto space. If you would be interested in knowing more please send her an e-mail with the subject line: "Interested in Crypto." We understand that cryptocurrency is a huge and complicated subject and the plan to have many working together to support each other in being successful can be meaningful to all who choose to participate. In the meantime, if this is the golden opportunity there is no time to waste. If you are just beginning, I suggest you login to YouTube and search "Cyrptocurency" or "Bitcoin" and you will find plenty of useful information for beginners. Enjoy!