

Frequency Friday!

Elevate your frequency!



Can you trust tax advice on TikTok?

This year, the Internal Revenue Service ([IRS](#)) began accepting [tax returns](#) on January 23—and, in the run-up to tax season, social media platforms like [TikTok](#) have been flooded with an influx of “influencers” (finance influencers) hawking tax tips in search of their next viral hit. But, in a world where pretty much anyone can publish almost anything on any platform, how can consumers suss out the wheat from the chaff—and are there any surprise benefits to taking tax tips from TikTok?

Some of the most common tax myths perpetrated on social media that Coleman says her clients bring up include deducting takeout and delivery meals for yourself; deducting personal care services such as hairstyling, nails, make-up and luxury clothing; deducting vehicle expenses if you put a logo on your car; and not reporting tips received in cash.

“The problem with the various tax tips, tricks, and strategies you hear on social media is not that they are completely wrong, but rather that they are built on a kernel of truth that is then extrapolated in ways that, if used, could cause a taxpayer to run afoul of the IRS,” says [Jason Cherubini](#), CPA MBA.

We took a look at #TaxTok on TikTok to find out what financial advice content creators are talking about ahead of tax season 2023. We also consulted CPAs and tax professionals to find out whether some of these tips garnered from social media pass legal muster. Here’s a couple of examples:

Article from Fast Company written by
Danica Lo
Read Full Article [HERE](#)

TAX SEASON 2023: TRUE OR FALSE?

TikTok tip: Don’t file early, file later.

Pickering: There is no advantage to filing later. Once a taxpayer has all information or records needed to file, the taxpayer should do so. If the taxpayer is due a refund, they’ll get it that much sooner by filing early. If the taxpayer owes money, the taxpayer can still wait until April 18 to pay the balance due. Filing early also helps reduce exposure to tax-related identity theft or delays.

TikTok tip: Tax refunds are probably going to be lower in 2023

Pickering: Tax refunds received are individual and completely based on what an individual earns and what he or she has paid over the course of 2022. That said, many individual tax credits (child tax credit, child and dependent care credit, and earned income credit for taxpayers without children) will be lower for most taxpayers as they have rolled off after the pandemic.

TikTok tip: You can write off your car in the first year of ownership if it weighs over 6,000 pounds.

Smith: Somewhat true, but also very misleading. This tax benefit falls under the Section 179 tax depreciation rule that allows you to depreciate the full cost of equipment placed in service during the tax year you acquire it, assuming more than 50% of its use is for business purposes. The purchase of a truck or a van that weighs over 6,000 pounds can qualify for the deduction and may receive a full write-off as the video states. For 2022, the maximum Sec 179 deduction you may take on an SUV or “any 4-wheeled vehicle primarily designed or used to carry passengers over public streets, roads, or highways that is rated at more than 6,000 pounds gross vehicle weight and not more than 14,000 pounds gross vehicle weight” is \$27,000.





Meet Nanette
Saylor
Creativity Curator
+ Possibility
Partner



Living in Balance: Learning to Go with the Flow

Sometimes I feel like everything is a bit out of sync, off kilter, or out of balance. Has that happened to you?

As we move through life, stuff happens. With the cycles of the moons and the seasons, the shifting of the planets and the changes of the tides, most of us have come to understand that it's normal for things to be a little out of alignment once in a while. And yet, we still want to fight it or push through it. Often, our societal pressure tells us we can "fix it" if we just "work harder".

The truth is, that like a pendulum swinging from side to side, or the sun rising and falling, our physical and emotional states shift all the time. This is a normal human experience. Our physical being picks up the shifts in energy around us and our bodies and minds respond, even if we're not aware of what's happening.

When we create a regular practice of checking in with ourselves so we manage our energy we can learn to move in alignment with natural order and go with the flow. We stop fighting against the tide, or the rip current! We can learn that sometimes, pausing to let the rough water subside is the best action required.

As I write, I'm also keenly aware that I didn't always know how to relax into balance. Looking back, I see how impossible it was to be in alignment when I had no sense of what balance felt like in my physical being. I've learned that to consistently live in balance I must regularly practice scanning my physical self for clues, becoming familiar with both the feelings of centeredness and those of imbalance.

To come back to center—back to alignment-- requires mindfulness. I've learned to be mindful of whether my thoughts and actions are moving toward balance or away from it. I can feel the reaction in my physical body. Can you?

Let's try it. Scanning, I check in with myself periodically—Is my breathing relaxed or shallow and short? Do my eyes hurt? Is my gaze strained? Are my arms and legs wrapped tightly or loose and relaxed? Can I feel energy pulsing through me with each breath or am I blocking that flow?

When my body scans tell me that I am tense and out of balance, I get to choose to make a deliberate shift.

One way I do this is I move in my seat to a position of centeredness. Relaxed, with my feet squarely on the floor, my hands resting at my side, my eyes shut comfortably, I breathe in and out three times, following my breath, giving attention to the release of any tension. I imagine source energy - my creative energy-- flowing from the earth through my feet and up through my body, connecting me to all that is- giving me life. Renewing and refreshing.

I support myself now with a quiet pause in the morning. This is my time to reflect and recharge. I use my journal, a walk in nature, some gentle stretching, or a meditation, to connect me to source energy, without resistance or judgment. And, through this practice, I am reminded that all is well, even on the days when I don't feel quite right.

Of course, my intellectual mind tries to complicate things with lots of noise. So, I had to learn to quiet that, too. Sometimes, it means I choose to be very gentle with myself and prioritize self-care all day!

I know that living in balance truly is this simple. Mindful of the natural order of universal energy, I choose to be aligned with creative flow.

I hope this will serve as a gentle reminder to you to pause for a bit so you can check in with your energetic alignment. And, if you find you need a little extra support, I am here to serve you in this way. Reach out via email anytime to nanette@wisewellwomen.com.



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who #createplaylive!

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Frequency Friday!

Bulletin Board



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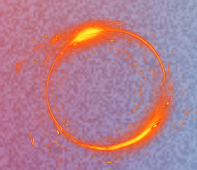


Fri, Oct 13 | Floral City
5 ELEMENTS -VAYU
RETREAT
Imbibe the 5 elements of
life with this immersive
program

About the event

Imbibe the 5 elements of life with this immersive program - through a curated sequence of experiences of yoga, Ayurveda, sustainable living, mindfulness meditation, healing and breathwork. Everything within and around us comprises of the five essential elements, the Panch Maha Bhutas, being, Earth (Bhoomi), Water (Jal), Fire (Agni), Air (Vayu) and Space (Aakash). In this specially curated retreat we dive deep into the element - Vayu | Air and understand it's impact on our lives and how it is useful in building self awareness, creative flow and endurance.

An immersive mix of yoga, meditation, breath-work, sound healing & movement based therapy.



JOIN US AT OUR NEXT
NETWORKING EVENT!



Thursday, September 21st, 5:30-7:30 PM

1201 US-1 Unit 15, North Palm Beach, FL 33408
(Located in: Crystal Cove Commons)

Sponsored By:



The Law Offices of
Jonathan E. Litz, P.A.



Come have appetizers & cocktails on us.
Make some new connections at
Stormhouse Brewing!

Please RSVP online or email
kristen@palmbeachmortgagegroup.com

You're
Invited!

Mark your Calendar!
Join Us for our Next Networking Event
Thursday, September 21st, 5:30-7:30pm
Storm House Brewing

Come have appetizers, cocktails and make
new connections! Silent Auction to
benefit victims of the Maui Fires!

RSVP:

kristen@palmbeachmortgagegroup.com

GET YOUR COSMIC

Mojo

ON



We are **Spirit** having a human experience

by Hattie Parker, MS Ed, Astrologer, Numerologist & "Yes I Can" Creator/Coach

VENUS RETROGRADE

What has it meant?



When Venus, the planet of love, relationships, and money, (basically all we hold near and dear), is retrograde we might feel fearful around the idea that we are challenged to re-evaluate our deepest commitments. It may be reassuring to know Venus retrogrades every 18 months. Thus, you can rest assured you have lived through and survived many a Venus retrograde. This current Venus retrograde transit ends September 3. Thus, it is now in its last full week of presenting an opportunity to analyze and reassess anything that wasn't working in our relationships and our relationship to values, possessions, and even self-worth. A unique feature of this last week of Venus retrograding is that on Monday, August 28, Uranus, the planet of dramatic change, turns retrograde. This suggests it is possible you can emerge from this 7/22 - 9/3 retrograde with a new sense of bold hope and promise.

Venus has been transiting in the sign of Leo. Romance and relationships with children were tested and we might also have suffered creative blocks and found ourselves questioning if we are truly putting our hearts into the things we love. If you have experienced deeply discouraging times in the past several weeks, you may be able to now find comfort in reframing your perception of this time. It will serve you to consciously choose to be positive about the benefits of a discerning focus on your true values and desires.

Venus Turning Direct: What does it mean?


These past few weeks may have felt like a test. If relationships have survived a Venus re-evaluation, take this as a sign the foundations are strong. Something else we could have reevaluated is our finances and set of values; what we thought was important for us was questioned. Finding the answers is key, for if we ignore these issues, they will remain unresolved and will come up to challenge us in the future. It is time to be confident and open to even radical change (Uranus) in giving and receiving.


Possible Meanings of Venus Direct in Leo w/ Uranus Retrograde in Taurus by Signs


Special Note for Our Single Readers in Search of Partners:
You could meet someone during this Uranus transit that commences under a Venus retrograde. Uranus, (surprises) will be in retrograde 8/28 - 1/26/24. This is a nice long transit. Be open to being delighted.





The following is a general outlook of what's in store for each of the signs when Venus is direct. NOTE: The messages are all quite uplifting. Everyone is influenced by every sign - for fun and inspiration, you may want to read all of them. Your intuitive wisdom may guide you to find more than one that seems to apply.


 Aries: Your passion and creative energy have felt subdued these past weeks, but now you can finally express yourself wholly.


 Taurus: Right now you prefer to enjoy your home rather than spend time outside.


 Gemini: Confusion dissipates now. As you feel more secure, other people will seem to understand you better.


 Cancer: If you had to decide what you really want to do and whether it brings value into your life, now you can make better decisions that will guarantee you attract more abundance.


 Leo: You are now ready to see how much you can attract into your life by being your best possible self.


 Virgo: This is a time for stillness rather than decision-making. You hear the call for solitude right now.


 Libra: You have a much better idea of which friendships bring value into your life now, and feel secure enough to let go if someone doesn't meet your standards.

 Scorpio: You have had an opportunity to get clear on what you want to be recognized for and this is a time to chase success.

 Sagittarius: Now is the time to cut distractions and trust the universe, for it always has your back.

 Capricorn: If you have felt imbalance that has caused power struggles now you can express these concerns and restore harmony.

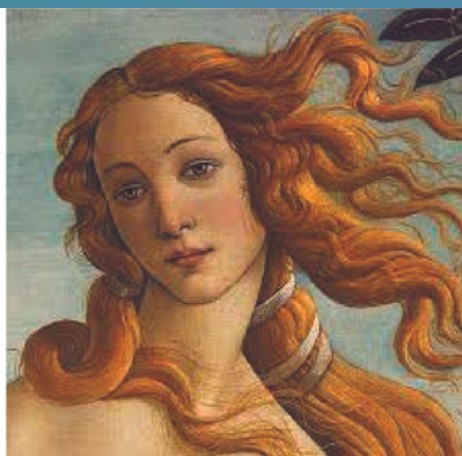
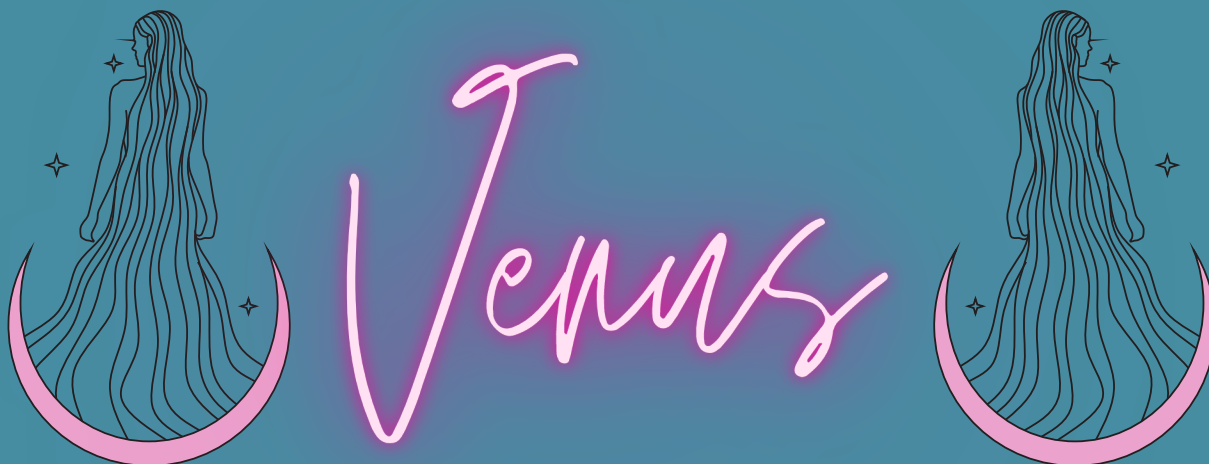
 Aquarius: Did some relationships go through a tough reality check? Hopefully now the foundations are stronger.

 Pisces: Now you are ready to apply yourself and see the benefits of optimizing your day-to-day life. What you truly want from your routines

GET YOUR COSMIC *Maja* ON

We are **Spirit** having a human experience

by Hattie Parker, MS Ed, Astrologer, Numerologist & "Yes I Can" Creator/Coach



Here the Classic Botticelli (1462) Birth of Venus face is blended with a modern day AI version of Venus
May her discerning visionary gaze inspire your loving inner wisdom