

Frequency Friday

WEEKLY TIPS FOR YOUR WELL BEING



5 SECOND RULE

As a mom, I am used to counting to 5 when it comes to disciplining my kids as young children. By the time I got to 3, I would cross my fingers that Ryan or Jayden had performed whatever task or done what I had asked them to do. What happens when it comes to disciplining yourself?

As a single mom, I have relished in the fact that “I don’t have anyone to answer to” and “no one can tell me what to do or is the boss of me”. Well, it’s all fun and games until it comes time to do something you don’t want to do – even simple things like not hitting the snooze button for the 8th time and getting out of bed to meditate, practice yoga or exercise.

That is when I discovered the Mel Robbins Ted Talks podcast---it is a must listen.

[Click here to watch:](#)

Mel Robbins is a motivational speaker and in her own definition of the 5 Second Rule:

“If you have an impulse to act on a goal, you must physically move within 5 seconds or your brain will kill the idea.”

Boom!!! The primary premise is that when you have a desire to do something and you feel yourself to start to hesitate, you immediately start to count 5-4-3-2-1 Go and move towards action – whatever that is. For me, it started with not hitting the snooze button and when my alarm goes off, I count backwards from 5 and jump out of bed to start my day. Do I do it every day – no, but I try to on most days. Baby steps. I highly recommend checking out her podcast and her book “The 5 Second Rule”

Business Spotlight



The **A**cademy of **D**ance **A**nd **A**crobatics (TA-DAA) offers the opportunity to experience the passion of dance, given in a positive and educational atmosphere. Born and raised in South Florida, Hope Powell (Owner/Director) began dancing at the age of two and has always had a passion for teaching. Hope has earned her certification with Acrobatic Arts, Progressing Ballet Technique, Pre-School Acro Dance and also in safe stretching / injury prevention through Alixa Flexibility.

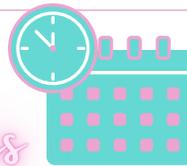
Visit www.TA-DAA.us to view the full schedule of classes offered for ages 2-17, with a variety of disciplines including Jazz, Tap, Ballet, Lyrical, Acrobatics and more!

SPECIAL OFFER:

CALL OR TEXT TO SCHEDULE A FREE TRIAL CLASS (561) 568-4009



Important Deadlines



MARCH 15TH

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

APRIL 1ST

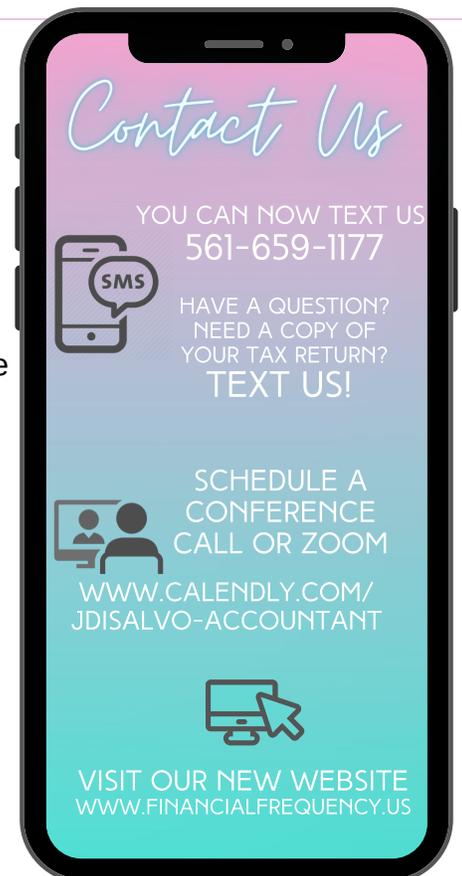
FL Corporate Deadline for C-Corporations
FL Tangible Personal Property Deadline

APRIL 15TH

Individual & C-Corporation deadline/ Extension Filing Due

MAY 1ST

FL Annual Report Deadline



Get Your Cosmic Mojo On

WITH ASTROLOGER HATTIE PARKER, MS,ED

WONDERFUL, ENCOURAGING, AND UPLIFTING NEWS ABOUT THE STARS FOR THE NEXT TWO WEEKS!!!

HERE'S THE SCOOP:

The New Moon on March 12, 2021 (with lunar influence lasting until the second Full Moon of the month on March 29) is in Pisces and is joined by Neptune (ruler of Imagination) and Venus (ruler of Love and Money).

New Moons are auspicious times to start new “things.” If you are wanting to launch a venture, project, or new wrinkle to your career that you would love to do while making money or feeling great about how you are using resources for the greater good (Pisces is humanitarian in nature) there just couldn't be a better time to go for it.

