

Frequency Friday

WEEKLY TIPS FOR YOUR WELL BEING



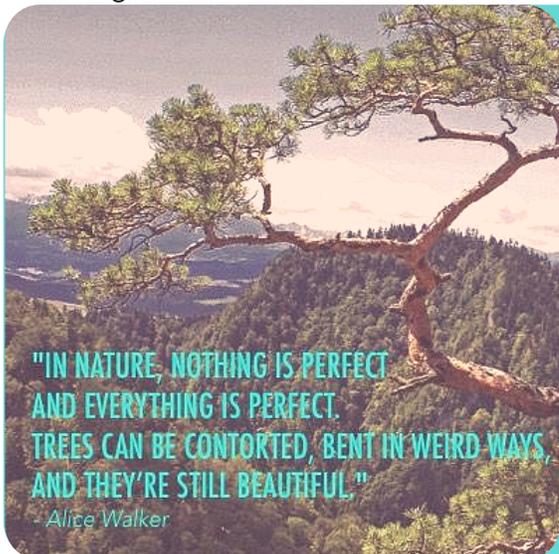
SEEKING PERFECTION

As we began the New Year, perhaps like me you thought of resolutions you could make for the coming 12 months. Resolutions can be hard to keep. In fact, it is estimated that up to 50% of Americans make New Year resolutions, but only 10% maintain them for more than a few months. Perhaps the disconnect lies in our pursuit of perfection: to lose weight; to maintain an exercise regime; to not argue with our partners and children...the list goes on.

"There is no perfection, only beautiful versions of brokenness."

~SHARON L. ALDER

I've decided to take a different view of things and I invite you along for the ride. I'm following the advice of athlete Kim Collins, who is quoted as saying "Strive for continuous improvement, instead of perfection." Perfection may be overrated anyway. What makes us beautiful is our individuality, and that individuality is the sum total of our experiences in life. I would venture to say that our own unique and beautiful individuality is based more on how we handled difficult circumstances in our lives, rather than the times when the sailing was smooth. The times that we have been broken have done more to shape who we are, than have the times when the going was good.



"IN NATURE, NOTHING IS PERFECT AND EVERYTHING IS PERFECT. TREES CAN BE CONTORTED, BENT IN WEIRD WAYS, AND THEY'RE STILL BEAUTIFUL."

- Alice Walker

While we take immeasurable delight in nature, we tend to forget that we ourselves are nature. We see beauty in the varied shapes of trees, plants and rocks, yet have unreasonable expectations of uniformity in our humanness. We have unattainable aspirations of some sort of human perfection. As busy business owners engulfed in managing teams, overcoming challenges and meeting deadlines, we know only too well that perfection is an eternally elusive goal.

Business Spotlight



BUY ONE. PLANT ONE.

*MANG is an apparel company with a Buy One. Plant One. initiative.
Every product plants a mangrove!*

Twin Brothers - Changing the World One Mangrove at a Time
Keith and Kyle Rossin started their journey in 2015 to give back to mother nature. **MANG's Buy One. Plant One.** Initiative, is their effort to help protect and restore Florida's coastal ecosystems. For every product sold they plant a mangrove in the ground for and send a certificate with its location to the buyer.



You can use PROMO CODE:

MANG10

for 10% off your purchase

<https://www.manggear.com/>

Important Deadlines



JANUARY 31ST

All employers:

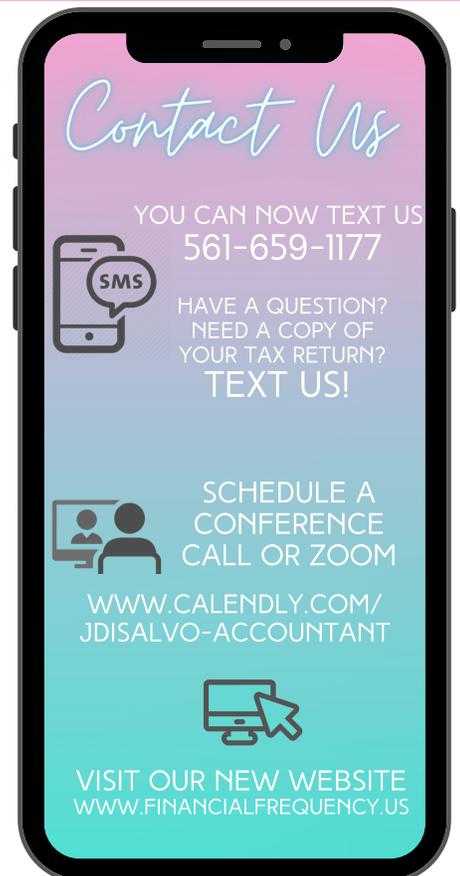
W-2 Forms are due to employees

Business Owners:

1099 & 1099-NEC forms are due to contractors

FEBRUARY 12TH

Individual Tax Returns can be e-filed



Get Your Cosmic Mojo On

WITH ASTROLOGER HATTIE PARKER, MS,ED

COSMIC MOJO ALERT: Today 1/22/2021 has the distinction of being a 22-day. Doubled numbers (11, 22, 33...etc.) are master numbers. As master numbers are especially strong, this 22nd January day launches a week of potent possibilities.

ASTRO/NUMEROLOGY INSIGHT: Earlier this week on January 20, the Sun - the most powerful heavenly body in the Universe - shifted from being in Capricorn, the sign of taking care of business, to Aquarius, the sign of inventions and innovation.

The numerology of today 1/22/2021 is 1
(1 + 2 + 2 + 2 + 0 + 2 + 1 = 10; 1 + 0 = 1).

As the Number 1 holds a frequency of new energies and ideas, the mojo of this week can be thought of as an invitation to innovate.

COMMENTARY: To take advantage of this invitation I recommend you dedicate time to working on reevaluating your mission (the WHY of you are in business). If you are wondering HOW you might do this, I recommend you choose to consciously partner with your intuitive mind, to welcome ideas for innovating. The planet Neptune influences intuitive abilities. The following is a guide for understanding how Neptune influences your astrological blueprint and your thinking.

| BIRTH DATE | NEPTUNE IN | HOW YOUR INTUITIVE THINKING INFLUENCES YOUR DECISIONS |
|------------|-------------|--|
| 1943-1957 | Libra | You are favored to seek and find balance in your endeavors |
| 1958-1970 | Scorpio | You are favored to seek and find deep meaning in your endeavors |
| 1971-1986 | Sagittarius | You are favored to seek and find expansion and optimism in your endeavors |
| 1986-2000 | Capricorn | You are favored to seek and find grounded results in your endeavors |

This information is expressly designed to be short and sweet. I enjoy helping business people explore such topics in depth, and if you are interested, I would be happy to help you delve more deeply into this topic. You can contact me through my website: Hattie@hattieparker.com.