

Frequency Friday

WEEKLY TIPS FOR YOUR WELL BEING

Motivation & Inspiration

SETTING BOUNDARIES

Determine Boundaries in Advance: You need to know what drives you over the edge. What takes you into the mode of "I can't perform at the level I need to anymore!" What is it that destroys your ability to make the magic that makes your business work? Get it in writing. Now.

Share Them and Get Accountability: Once you have those boundaries figured out and put them in writing, share them with someone who will hold you accountable. This is key because when you just have them in writing, it's so easy to blow them off. It's easy to say "I swear I can just fit this in real quick." When you have someone that you've decided to hold yourself accountable to, it's harder to blow off your boundaries. For me, it's my team. They can actually see my calendar. They can see if I'm adding stuff to my calendar and they can call me out on it, (although, they generally don't have to because just knowing they can is enough to keep me on track).

Get Clear on Worst Case Scenario if You Break the Rules: What happens if you decide to breach your boundaries? There will be times every so often when you will need to breach the boundary, but think about what is at risk. If I decide to go against the boundaries that I've set to protect me (including my head space, my mental space, and my physical space), I could end up unable to perform at the level of quality that people need me to. It creates a ripple effect. The result is that we can't charge what we're able to charge now because we provide a subpar product.

Set Clear Expectations from the Get-Go: As you're building the new relationships, you have to have set clear expectations from the get go. Let them know how you want to be communicated with and how far in advance you need them to get with you. If they have a project that needs to be done, give them information. Let them know what your normal turnaround is, and that every so often you might be able to work with them. And don't break the expectations. If your work hours are 8:00 AM to 6:00 PM and someone texts at 7:00, make the decision that it can wait till the morning. You're welcome to text and let them know you will sort it out in the morning, but do NOT let yourself get sucked into the trap.

Calmly, Unemotionally, but Firmly Restate the Boundary when Tested: The moment the boundary is tested, restate it in a non-confrontational way. This is how you uphold your boundaries and hold to them. Even if someone messages me at 7am, I won't check my phone till 8 or 8:30 depending on when I start for the day. I always apologize for the delay and explain I just started working and will handle the situation as soon as possible (and give them a timeline of when to expect resolution or an answer)

When you explain that you're setting the boundary in their best interest, people are usually more than happy to wait for you to give them the best version of you

"The only people who get upset about you setting boundaries are the ones who are benefiting from you having none"

~UNKNOWN



Business Spotlight



NESS.FARM is committed to exemplifying quality and sustainability, while focusing on wellness, awareness and happiness for the community by practicing permaculture. They harvest every Monday and deliver every Tuesday. **FREE DELIVERY!!**

NESS.FARM uses only organic seed and soil and never use any toxic chemicals. People are always welcome to come and visit! *I have them deliver microgreens to me every Tuesday and it totally brightens my day! Makes the most delicious salads and the perfect green smoothies!*



<https://ness.farm/shop-our-products>
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Important Deadlines

APRIL 1ST

FL Tangible Personal Property Deadline

APRIL 15TH

Form 1120 Corporate & Trust/Estate Deadline
2020 IRA contribution deadline & 2021 Form 1040-ES due

APRIL 30TH

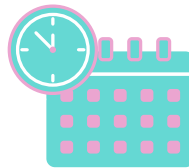
Form 1120 Corporate Deadline
1st Quarter 2021 Payroll Reports - Form 941 & RT-6

MAY 1ST

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

MAY 17TH

Individual deadline/ Extension Filing Due



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](https://www.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**.

Get Your Cosmic Mojo On

WITH ASTROLOGER & NUMEROLOGIST
HATTIE PARKER, MS,ED

HEAVENLY INVESTING: THE STARS & TIMING

Last week I shared that from a heavenly perspective it is time to reassess your investment strategy. My message was motivated by the astrological influence of Vesta, the feminine asteroid that rules investments. Currently she is "retrograding" (appearing from an earthly point of view to be moving backwards). Retrogrades tend to create circumstances that cause re-evaluation. (Notably during the time of her retrograde, that started in mid January, there has been plenty of noteworthy monetary news. My recommendation regarding investing was to take action and to not put it off until... You know: until... you have the time, ...you finish your big project or ... you complete your vacation plans, etc, etc. However I somehow suspect that many of you dear readers are waiting until... Of course, such is the nature of living in our busy world. The good news is that there is still plenty of time to align with the stars.

Vesta "goes direct" (forward) on April 4, which is not so far away. However it will take her until the beginning of June to regain the territory she lost while retrograding. Thus when taking this dynamic into account Vesta does not start to make progress from where she was before the retrograde until early June. She is, thus, still in re-do mode for a while.

You can start your reassessment process right now by committing to the intention to be reassessing your investment strategy. Comfort yourself with knowing you have all of April and May to be getting it together to do this. You have plenty of time. Assure yourself you can and will mobilize the determination to act. Stay tuned to this column there is plenty more good heavenly advice to be gleaned from Vesta, the Olympian Goddess ruler of inVESTments.



Check out the full moon on Sunday, March 28th!

This full moon urges us to strike a balance between meeting our personal needs and attending to the needs of a child, work associate, or significant other. We are likely to experience revelations about our independence, need for others and partnerships. It is a time for conflict resolution

This is a time to structure, limit or simplify our lives in a significant way that leads to major improvements. As a Libra myself - sounds like a great plan to me!! Maintain balance & simplify!!!