

# Frequency Friday

WEEKLY TIPS FOR YOUR WELL BEING

## Importance of taking a break from work and how to recharge mental and physical energy

We work to live, achieve something meaningful and/or probably be happy. It is our nature to work hard, however our energy has a limit and there is not an unlimited supply.

We have to be aware of the warning signs of when we are not vibrating at the optimum energy level and we have to know the methods that work for best to help us recharge our batteries and fill our tanks.

### Burnout Beware!

Chronic stress can lead to burnout, which the [Mayo Clinic](#) calls “a state of physical or emotional exhaustion that also involves a sense of reduced accomplishment and loss of personal identity.”

Here are signs of burnout to watch for:

- cynical, critical, irritable, or impatient feelings
- lack of motivation to work
- trouble concentrating
- lack of energy to be productive
- lack of satisfaction from accomplishments
- using food, drugs, or alcohol to feel better or numb yourself
- sleeping too little or too much
- unexplained headaches, stomachaches, and other physical symptoms



I usually feel that I have a huge amount of energy and can work well under an immense amount of stress. Over the past two months I have been feeling very drained and low energetically so last weekend I took a long weekend trip and visited Dead Horse Canyon in Moab, UT. Feeling completely recharged and grounded surrounded by rocks and nature and meditating overlooking the beautiful expanses, 2,000 feet above sea level.



# Business Spotlight



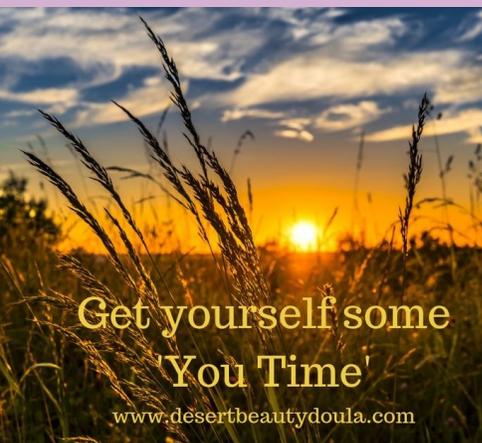
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Worldwide Nutrition was founded in 2013 and has rapidly grown having a Brick and Mortar store in sunny south Florida. Worldwide Nutrition carries a large variety of natural vitamins, health supplements, sports nutrition, and immune products. We also have a pet care section. Worldwide Nutrition is dedicated to giving our customers top notch customer service. We can easily be found at Worldwide Nutrition 800 10th Street. Lake Park, Florida 33403

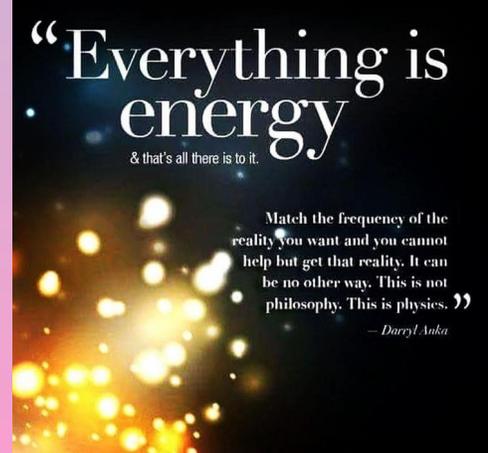
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# POSITIVE AFFIRMATIONS



"WE TAKE BETTER CARE  
OF OUR SMARTPHONE  
THAN OURSELVES.  
WE KNOW WHEN THE  
BATTERY IS DEPLETED  
AND RECHARGE IT."

-ARIANNA HUFFINGTON



# Important Deadlines



## JUNE 15TH

- 2nd 1040-ES Estimated tax payment due for 2021

## JULY 15TH

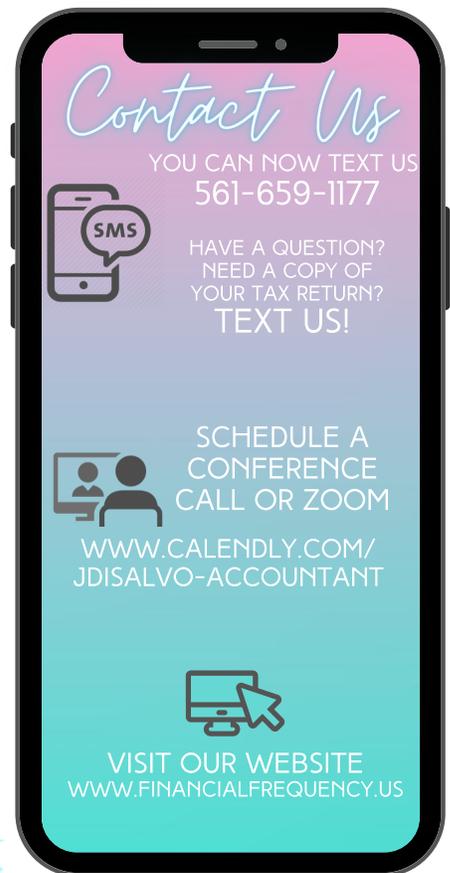
- 2nd Quarter Payroll tax deposit due

## SEPTEMBER 15TH

- Extension deadline for Partnership & S-Corporation Tax Returns

## OCTOBER 15TH

- Extension deadline for Corporate & Personal Tax Returns



## 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. You can check the status of your refund online at [irs.gov/refunds](https://www.irs.gov/refunds), The IRS has flagged over 5 million returns in 2021 so your return may either not show on the IRS site or show as processing for a few months.

### **Tax Refund Adjustments:**

If you receive a reduced refund it may be due to an adjustment due to Round 1 and/or 2 of your Economic Impact Payments reported on your tax return. You should check your bank account to confirm amount actually received for these payments.

## Mid Year Tax Planning

It's hard to believe that the year is half way over!! Now is the perfect time for a Mid-Year Tax Planning Session!!! It's a great time to review your YTD numbers, see where you stand from a tax standpoint and strategize on moves to make the rest of the year!

Click the link to my online calendar to schedule your mid-year tax appointment today!

<https://calendly.com/jdisalvo-accountant/mid-year-tax-plan-meeting>

# Get Your Cosmic Mojo On

WITH ASTROLOGER & NUMBEROLOGIST HATTIE PARKER, MS,ED

INTRODUCING A NEW FINANCIAL TECHNOLOGY WRINKLE TO THIS WEEKLY COLUMN

## Get Your Cosmic Crypto Mojo On

Why a Celestial Perspective Makes Sense When Investing in New Currencies

When 15th AND 16TH century world explorers (i.e. Columbus, Sir Francis Drake, etc.) set sail they commenced upon journeys they knew, from the very outset, would take them into a vast unknown. They navigated these journeys by looking at and being guided by the heavens.

Cryptocurrency is new. Those who invent and invest in it embark up on a journey into a vast new economic unknown. As an astrologer and a crypto investor I use signs from the heavens to inform or find reassurance for my investing decisions. I feel blessed to know and use the language of the planets and their movements as a tool for insight. Gazing at heavenly happenings and following cypto pundits informs my crypto decision-making.

I am a personal astrologer dealing with individuals and individual concerns not bank accounts and macroeconomics. To supplement my astro-investing assessments I invest in monthly webinars through which I gain insights from an astrologer who specializes in geopolitical astrology. I will share insights gained from my study with him as well as insights I glean from my individual personality oriented astrological analysis in this column.

On June 14, 2021 Uranus (Freedom) tangled in a challenging way with Saturn (Structure). These energies that are quite opposite from each other still influence us in this coming week. It promises to be a time when disruptions are likely. On June 23, Neptune the planet of illusions slows and turns retrograde. This state of affairs in its simplest terms indicates deception. I watched a video produced by a YouTube pundit who is a person I presume to be honest and well meaning saying that he foresees that in the next few days large asset investors (called Whales in the crypto world) will be deceiving the public in order to spook "little" people into selling their coins. Their goal is to lower prices so they can buy low. The scenario fits perfectly with the trends suggested by planetary movements.

Considering the times and the stars my cryptoscopic advice is:

1. If you are already invested in cypto, it is time to Hodl. (hold on for dear life).
2. If you are currently planning to invest, wait a few days and you may be able to buy at bargain rates.

FYI: I have made up the term "Cryptoscope." It stands for CryptoSCOPE  
Self-inspired, C.O.P.E.ing Guidance.

Disclaimer: (This information is, consistent with my typical role, life advice NOT financial advice)

