

Inlife

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A
AUGUST 2021



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ABOUT JESS GLAZER



FUTURE-PROOF

Five surefire ways to build
mental toughness to cope with the
pandemic's ever-changing hurdles and
challenges, as well as resulting restrictions

MEET
SHEPRENEUR

Saritha
MENON



AMB

AUSTRALIAN MILLIONAIRES BUSINESS NETWORK

InLife

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InLife

A U S T R A L I A

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EDITOR'S NOTES

It's hard to describe the feeling of finally achieving a goal that's seemed impossible and out of reach, but I'm sure you know what's it like. The feeling that makes your chest puff out with pride and turns your normal day-to-day shuffle into a confident strut. This issue is all about making 2021 the year to become familiar with that awesome feeling of accomplishment. This includes getting tips from inspiring entrepreneurs like Jess Glazer (p.6) and of course, our cover story Saritha Menon (p.20).

We want you to make the next remaining months all about making your dreams come true. There is no end to the things you can do to build and live the life you are proud of. God Bless.

Jay Ilagan
Editor-In-Chief



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FROM PE TEACHER TO BUSINESS MENTOR MEET JESS GLAZER

Jess Glazer is a former physical education teacher and celebrity trainer turned business mentor who now runs a million-dollar coaching business helping others create high-ticket online courses and group programs. She somehow turned her "cute side hustle" into a million-dollar business in just under two years and now she teaches other passionate, heart-centered, serviced based humans exactly how.

She specializes in helping clients extract their expertise, build a recognizable brand, market organically through social media, and create a sustainable business online. Her mission is to cause a ripple effect and inspire change for generations to come; making a massive impact and leaving a lasting legacy beyond her singular actions. She has spent decades honing her craft, making mistakes, and learning lessons so that now she can help others succeed.

InLife Magazine recently caught up with Jess to discuss her journey to entrepreneurship and here's what went down:

Could you please tell our readers a brief background about yourself and how you started your business?

I got started as a business coach by accident. I had been running an online health/fitness business for a few years as a side hustle alongside my day job as a teacher and after some visible success; others started asking me how I built what I did. So naturally, as a teacher; I began showing peers in the fitness industry exactly how I built my business. One friend quickly turned into three and before I knew it, I was teaching a group of friends the same processes over and over. In November 2018 I decided to toss them into a group and began coaching digital course creation.

What are you currently doing to maintain/grow your business?

I'm currently doing a few different things to maintain/grow my business.

1. I'm running 3 different programs, as well as working with 1:1 clients and this work allows me an insider peep to exactly what my clients want and need. I have my hands in and on their businesses, allowing me to see the leaks, understand their challenges, and come up with solutions. Their feedback helps drive all of my business decisions.

2. I'm also working with 3 different coaches myself. I am a huge advocate for coaches having coaches and I've been investing in coaches, masterminds, and courses since 2015. My coaches are my sounding board. They act as birds of view reflection to my business, as well as a great place to brainstorm, problem solve and discuss challenges I'm having with people who have already been in my shoes.

3. I'm also always reading, listening to podcasts, and signing up for classes so that I can continue to grow my expertise and be introduced to new concepts.



4. Lastly, we're in the process of bringing on more team members and scaling our business by automating more and opening up space so that I can go work on our newer projects.

What is your main tactic when it comes to making more people aware of your brand and engaging your customers?

Our main tactic is really based on our core values: integrity always, education for all, heart-centered give back, radical responsibility, continual growth, compassionate leadership, family-centric connection, ripple effect results, and purposeful play.

We stand out by staying in our own lane, keeping our blinders on, and practicing what we preach. I show up every day as my authentic self. I constantly peel the curtains back and show the real behind the scenes of building a 7-figure business and I believe this helps the company stand out. We all are the "secrete sauce" everyone is trying to find. People buy from people, so the more real we can be, the easier it'll be.

When it comes to tactical awareness, I do a lot of podcast interviews, guest coaching, speaking gigs, free education, and press/media coverage.

What form of marketing has worked well for your business throughout the years?

The best marketing has been through social media and word of mouth. Even when I was running my health/fitness business with monthly events and retreats, the majority of our tickets would sell out through friends bringing friends or telling friends to come. Not much has changed. When a client goes through one of our programs and has a life-changing experience, they often tell their own social media platform, friends, and/or family. So, referral-based marketing has been the biggest driver!

What is the toughest decision you had to make in the last few months?

As an entrepreneur I make tough decisions every day; that's literally what I do. I problem-solve. So, I try not to think of these decisions as tough or easy, but rather neutral choices to move forward in my business. However, I did have to let someone from my team go and that was extremely difficult for me. While it was a mutual decision to benefit both of us; it didn't make it any easier.

What money mistakes have you made along the way that others can learn from (or something you'd do differently)?

I'm not sure that I would consider any of my choices with money mistakes. Everything I've done (or not done) has taught me something and gotten me to be exactly where I am today. I was recently asked about any "bad investments" I made when it came to coaches/programs and I truly believe that all of my investments have given me exactly what I needed at the time (a lesson, connection, great friendship, new strategy, perspective, etc).

What is the best advice you have ever been given?

The best advice I was ever given was a few years back from my personal mentor Chris Harder. He said, "Ego is your biggest overhead" and that just hit me like a ton of bricks. If I'm too proud to ask for help or too scared to admit I'm wrong...what could I be missing? As an eating disorder survivor who after a decade finally asked for help and it saved my life; I can fully understand how important "Ego work" is.

What advice would you give to a newbie Entrepreneur setting up their first business?

Focus on one thing at a time. Put your blinders on. Stay away from shiny objects. Don't worry about what everyone else is doing. Make sure you're taking care of yourself FIRST. At the end of the day, the only thing you really need to focus on is service and impact. If you have solutions to people's problems, then you have a business. The rest will fall into place. Lead with impact!





FIVE STEPS TO BECOMING A WEALTHY ENTREPRENEUR

Do you dream of becoming rich someday, but you're not sure how to go about it?

There is a myth that rich people are born with an innate talent to strive for excellence and think creatively, but honestly, this is all nonsense! Being a wealthy entrepreneur is not about having more than one million in your bank account. It is about the mindset which creates wealth for you. Similarly, it is the mindset (the wrong one) that prevents you from being a wealthy person. Think about it... why is it when some people win a huge amount of money in a lottery, they go back to square one and become broke yet again within a couple of years? It's because they never learned the mindset of a wealthy person. Therefore, how much money you have right now does not actually determine your future financial status.

Your future depends on your thinking; it's all about changing your psychological approach towards money, success and happiness.

When you think of the word 'wealthy' what image flashes in your mind? For many, it is a flashy type of a guy who lives an ultra-luxurious lifestyle, travels in a private jet, and so on. Surprisingly, typical wealthy entrepreneurs are not the image that Hollywood and the media in general has created. Many modern-age millionaires work full-time, live in middle-class homes and shop in discount stores like common people. They are not driven by the material possessions that money can buy. What drives them is the power to make choices; it is about the 'freedom' to make any decision. For instance, being able to quit a job they hate or sending their kid to a school of their choice.

The number of millionaires has almost doubled in the last decade. There are more and more people getting rich. Millionaires are turning into billionaires! Perhaps, a lot of people are living the good life, so why can't you? Anyone can become a millionaire, but you need to have the "Millionaire Mindset." Millionaires have more in common with each other than just their bank accounts, it is their mindset. Here is five ways that can help you reach that millionaire mindset:

1. Whatever You Think About, You Bring About

The beauty of being human is that you can reason and you can choose your thoughts. Thoughts become your actions and actions lead you to your reality. So if you're poor, that's YOUR choice. Maybe you think it's not possible to be rich because you don't have the skill sets, capital, education etc... But most self-made millionaires didn't have any of these, either. Self-made millionaires want to have lots of money and earn it while doing what they enjoy doing the most. They think of multiple ways by which they can attract money.

If your goal is to make a million dollars and buy an expensive car, you won't be a millionaire for very long. Millionaires know the importance of investing instead of spending. They earn to save (and that's their habit) and not just to spend. They earn to keep and not blow their hard-earned money away by buying expensive items.

2. Chase Anything But the Money

The idea of being a self-made millionaire may sound great, but most millionaires believe that chasing money will take you nowhere. They have all chased 'something' in their lives and the money eventually came along as a reward. What would you do if you were already a millionaire right now? What are your other talents? Are you skilled/educated enough to do your work extraordinarily well? You need to understand that money will always come as a fruit of your hard work. You need to be productive in order to get results. For instance, walking in the hot sand is a LOT of hard work but it won't make you a millionaire.

3. Stop Spending, Start Investing

If your goal is to make a million dollars and buy an expensive car, you won't be a millionaire for very long. Millionaires know the importance of investing instead of spending. They earn to save (and that's their habit) and not just to spend. They earn to keep and not blow their hard-earned money away by buying expensive items. They know the fact that money, if saved today, may serve a bigger purpose tomorrow. Moreover, self-made millionaires reinvest the money they make. And they further use it to create new opportunities to be more successful.

4. Strive for Success on a Daily Basis

Earning well means you have loads of knowledge about your work, plus, a strong passion to learn new things and improve your skills. These traits are not something you practice rarely, they are meant to be a part of your daily routine. Self-made millionaires are passionate about learning and reaching new heights. Just like a child gets excited to learn something new in his/her favorite subject; YOU need to have that passion to excel no matter what gets in your way - may it be emotional troubles, financial setbacks, or whatever.

5. Live Well Beneath Your Means

This is something that you must have read a hundred times, but this is the ultimate golden rule. Why? When you work hard enough to buy that Ferrari, you DESERVE it right? Well, that's for you to decide, but millionaires don't function that way. The reason behind this golden rule is because gradually, most people start spending more money than he/she earns. The real self-made millionaires don't spend more than they earn - it's as simple as that. In fact, as parents, they don't pay for everything. They give their kids a monthly allowance and that's it. Hence, they cultivate the 'smart spending' and 'saving' habit in themselves, as well as in their children.

As you can see from the list above, just wanting to be a wealthy entrepreneur is simply not enough. Self-made millionaires have a different mindset and most live a special lifestyle way before making all that money. By doing some of the things listed above, you too can put yourself on the right path to achieve financial freedom.



MAKING THE TRANSITION FROM EMPLOYEE TO Entrepreneur

If you think you're ready to take the leap and start your own business, here are six tips to help you prepare. The transition from employee to entrepreneur isn't always easy, be prepared to face many professional and personal trials.

If you're someone who just quit his job to start a small business, you would know that there's a fair bit of work involved in "keeping the dream alive". There are unique challenges that come with this approach to creating a living.

It's a lot like building your own empire. Rome wasn't built in a day and neither is your freelance or small business success. If you are working on your dream there is no off button and no down-time. It takes a lot of dedication, and most importantly, it's about keeping your motivation levels replenished.

It's possible that you conceptualised the idea to 'break out on your own' with stars in your eyes - with the idea that working for yourself would mean an easy lifestyle. This couldn't be further from the truth.

Working on your own business often becomes a harsh reality once you've finally decided to quit your job. When everyone is leaving the office to have after-work drinks or chilling on the weekend with family and friends, you are often stuck fielding phone calls, catching up on invoicing, and trying to ramp up your marketing efforts to get you through the lean patches.

It's often the case that you actually end up far busier than you can comfortably handle, just to make sure you have enough momentum to keep you going during the quieter periods (which are inevitable). It's really about sacrifice.

However, that's not to say that it's all not worth the steep incline that you tread. You just have to keep in mind that the goal is always 'to stay the course' - with a dogged determination that is stronger than any of the tough times that you might encounter.

Warning: when you are forging your own path you will find that some unintentional side-effects can arise. When you are subject to the unyielding and time-consuming commercial realities that are unavoidable factors in the pursuit of success it is somewhat likely that those who are only around for the fun times will drop out of your life. It's often a practical reality and one of the bitter-sweet indicators that you are, if fact, on the right path.

Set a daily reminder deep within your psyche to stay true to your goals. You may have heard the idiom: surround yourself with those on the same mission as you. This rings true. Also, you might find this quote from Will Smith increasingly pertinent - "If you're absent during my struggle, don't expect to be present during my success."

Another tip for sustaining self-motivation is to look back on the road that you have already travelled and at what you have invested. Sure, this means coin, but never forget the blood, sweat and tears. Realising how far you have come is the key to moving forward.

Keeping yourself motivated is also about making consistent progress. It doesn't always matter if this is just a small win each day, or even each week. It's about moving forward. What if you could generate even just an extra 50 dollars a week profit? Always think about pushing the envelope just that little bit more - what more can you squeeze out? Could you be doing more on social media to attract leads and conversions? Is there scope in your budget to cut back on expenditure? These are just a couple of the questions that you could ask yourself.

Always think about your next move. It's very easy to get caught up in the daily grind, in the operations of your tasks - to forget about the bigger picture. That's an easy trap to fall into. Remember that it's crucial to keep evolving and expanding. And yes, sometimes this might get a little overwhelming. Do you sometimes feel like there are periods where you flounder? What can you do to overcome this phenomenon?

Sit back and refocus. Review your business plan. A lack of structure is enemy number one when it comes to productivity. Also, think about your daily routine. You need to create a schedule and stick to it. Wake up early and set a start time. You will be more motivated to work harder and to finish tasks quicker when you have the luxury of more time set aside to do so. This produces a more manageable (and less stressful) workload.

Sure, being regimented can be a challenge. It's a brutal fact that when you work for yourself, the only one who will keep you accountable is you. Without a boss to keep tabs on you, and without rigid working hours you are responsible for managing yourself and your business. You are ultimately responsible for its success or failure.

Be mindful of the challenging aspects of working from home/running your own business. It can be a very isolating experience and there are some things that you do have to compensate for. Sure, it's great that you can work in your PJ's if you want to - but, you don't necessarily get the benefit of bouncing ideas off people and the support of a team environment.

Sometimes it helps to take your work to a place where people congregate with some purpose - like a café or library. The effect of having people nearby might just trick your brain into a more productive gear. Take a small break when you are feeling stymied. Go for a walk. Fresh air often goes hand in hand with a fresh perspective. Then, begin your task anew.

Keeping the dream alive when it comes to working freelance or in your own business is often about your internal thought process. Also, it's got quite a bit to do with your heart and soul. More than anything - it's about refreshing your point of view on a regular basis. Building your 'business empire' is a day-by-day task and every single brick in the wall counts. I'll leave you with one last quote on the topic to consider... "people often say that motivation doesn't last. Well, neither does bathing. that's why we recommend it daily" - Zig Ziglar.



MAKE WAY FOR GMA NETWORK'S LATEST SERIES LEGAL WIVES

GMA Network takes pride in its boldest and grandest offering – the family drama series *Legal Wives* – that will not only explore the many facets of love but will also leave viewers in awe for its stunning production and engrossingly unique story premiering on July 26.

The revolutionary series features a casting coup top-billed by no less than Kapuso Drama King Dennis Trillo as Ismael Makadatu, an honorable man from a well-off Mranaw family who will equally love three women out of obligation, dedication, and compassion; Alice Dixon as Amirah Alonte, the virtuous and pious daughter of a sultan and Ismael's first wife; Andrea Torres as Diane San Luis, Ismael's second wife who is a feisty modern Catholic woman who will go to great lengths to fight for herself and Ismael's love; Bianca Umali as Farrah Valeandong, a smart and innocent lady who becomes Ismael's third wife in hopes of saving her family's reputation.

Making this series even grander is the stellar roster of cast headlined by internationally-acclaimed actress Ms. Cherie Gil as Zaina Guimba, Ismael's dotting mother and Hasheeb's second wife who will serve as a guiding light to Ismael's three wives; Al Tantay as Hasheeb Makadatu, a respected Imam and Ismael's father who comes from a clan of sultan and datu in Marawi; Juan Rodrigo as Cesar San Luis, Diane's father who forbids her marriage with Ismael; Irma Adlawan as Nuriya Baunto, Hasheeb's first wife and Nasser's mother who will hold a grudge against Ismael following the tragedy involving her son; Tommy Abuel as Asad Ampang Alonte, Amirah's father who will do everything to uphold his daughter's dignity; Maricar De Mesa as Zobaida Almahdi, Farrah's loving mother and Abdul Malik's wife; Bernard Palanca as Abdul Malik Valeandong, Farrah's protective father and Ismael's good friend.

Also part of the cast are Kevin Santos as Omar, Ismael's funny friend and assistant who is initially chosen to become Farrah's husband; Ashley Ortega as Marriam Pabil, Farrah's cousin who fancies Ismael and is the reason behind the feud between their clans; Jay Arcilla as Vince Alvarez, Farrah's classmate and suitor who has ill intentions; Divine Aucina as Lizzie, Diane's reliable friend in the clinic she works at; Raquel Pareno as Rose Aguila, Cesar's other woman who pushes him to leave his wife and Diane; Melbelline Caluag as Ailyn Roxas, Farrah's witty friend and classmate; Chanel Latorre as Faizah, Ismael's fearless and dependable cousin; Brent Valdez as Dale, Vince's friend and Farrah's classmate.

Set in Lanao Del Sur, the story begins with a Mranaw man named Ismael (Dennis) from the affluent and noble family of Makadatu. Although a devout Muslim and a muezzin (sewer of the mosque), Ismael falls for Diane (Andrea), a dentist who is part of the Catholic minority in their province, and whom he keeps from his family as she is considered a non-believer.

In a sudden turn of events, Ismael gets entangled in a clan feud which leads to his marriage with his brother's widow, Amirah (Alice). Ismael follows the disheartened Diane in Manila and tries to woo her unbeknownst to his parents. Just when the two are starting to build a happy marriage, Ismael is met with another conflict. Upon his return to their province, his friend – who he is greatly indebted to – seeks his help in saving their family's reputation by marrying Farrah (Bianca), her daughter who is involved in a scandal.

How will Ismael's three wives deal with each other's socio-cultural differences along with the idea of them sharing one husband? Is the idea of a man loving more than just one woman, equally and all at the same time, really possible?

Witness the enthralling tale of *Legal Wives* – under the helm of esteemed director Zig Dulay. Viewers abroad can also catch the program via GMA Pinoy TV.





NETWORK YOUR WAY TO SUCCESS WITH

Saritha
MENON

Saritha Ram Menon is the owner/director of Amogh Financial Services Pty Ltd and she has received various recognitions for contributions to society due to her art-based activism. She has been featured in mainstream newspapers such as Daily Telegraph, Western Weekender, Deccan Chronicle, Indian Express, and The Hindu and they have published articles about her journey and success in the plus-size pageant world.

A trained classical dancer, and a plus-size model cum actor – Saritha has been highly praised for her runway walks, as well as for being a body-positive influencer who offers a blend of culture and fashion. She's a woman of substance for the world to see.

She's a body-positive influencer and a plus-size model who's proud to be Australian and quite happy about the multiculturalism in Australia.

InLife Australia recently caught up with Saritha to discuss her journey as an entrepreneur and here's what went down:

Could you please tell our readers a brief background about yourself and how you started your business?

Amogh Financial Services Pty Ltd was incorporated in December 2015, with a mission to offer professional financial services advice; we are known more in the market for insurance advice - it's been a ride! It all started from an idea and what our mission statement in life was about. It was how we saw that through; what our strategies were then, and whom we were partnering with. In my case, I teamed up with my husband and it's just a humbling experience to have your own business.

When did your entrepreneurial flair first reveal itself?

Believe it or not, your personality type can determine which type of business you are best suited for! Both of us have a knack for reaching out to the community and showcasing the services we provide. Fortunately, the response has been very positive.

How did your life look like before being an entrepreneur?

I was a little nuts to actually enter the pageantry world and to love it! I was putting myself in a line of fire to be scrutinised, criticised, and judged. In the modelling world I sometimes feel you are just built up to be shut down; however, building a business is such a different ballgame.

As an entrepreneur, what is it that motivates and drives you?

Me and my husband Ram are both extremely target conscious - we both broke all the sales records in our previous companies. He was working as a senior responsible for the management sales roles in Africa and I was working for Africa's number one paint company - Sadolin, and we smashed it! Before Africa we both were in very demanding sales roles in India, that is where the seeds were initially sowed. I guess I'm inspired by sales the same way I'm inspired by fashion or modelling. I love interacting and socialising. I was oddly motivated by great thinkers that look outside the box and become pioneers and that gave us the gumption of getting into business.

In one word, describe your life as an entrepreneur and explain why?

Word is "Boundless" - I'm an energy bag of creativity and together, me and my hubby will continue to impressively straddle the worlds of financial services and plus-size modelling. Driven by an infectious passion for pageants, I will find time to pursue my artistic dreams while also running my own agency AMOGH Financial Services.

What were your top three motivations for starting your business?

For me, there were several reasons: becoming your own boss in one's own business, having more time with family, earning more income, gaining satisfaction through achievements based on hobbies, and avoiding frequent employment discrimination in general.

What do you put your success down to?

People say you either use the left brain or the right brain, one is the creative side while the other is the logic and technical side. Learning to use both in harmony is the key. Also, my pageantry skills have definitely been helpful when it comes to securing some business deals!

What would you say are the key elements for starting and running a successful business?

Get clear on your vision, get out of your own comfort zone, and create a personalised plan of action to take your business and life to the next level.



What are the three biggest challenges you have faced growing the business and how did you overcome them?

In my opinion, it's still a man's world out there. Maybe it always will be. Maybe that is the way it's supposed to be. As hard as we try to make the playing field even it just never ends up in our favour. I believe women get some advantages if you want to call it that when working for a business, but in the entrepreneurial arena it's rough. I think we are viewed as not being as smart, tough, or savvy as our male counterparts. Nonetheless, I would do it all over again, and probably will by being a co-partner with my husband.

Does the loneliness of the entrepreneur really exist?

We can feel very isolated and excluded sometimes so it was very hard for me to cultivate aspirations and believe I could achieve anything I wanted to. Being different is the new "normal". I feel very strongly that if life gives you a chance to be successful then the only obstacles one should face are the usual discrepancies life throws at us.

Being of a certain ethnicity, a certain weight, or having a disability should not be a problem. There are enough challenges as there are already, so being yourself or a loner should not be another.

As you grew the business, what have been some of the most important leadership lessons you have learned?

Even when you fail, as we all do from time to time, pick yourself up and keep moving forward. It seems that typically a breakthrough occurs when it's least expected. So just keep moving forward, and eventually, you'll get to where you most desire in your career path. Also, keep in mind that the "customer is king."

What do you hope to see happen in the near future for small businesses all over the world?

The lockdown has given rise to some very interesting trends in the small business sector. Virtual services have gained momentum, and many companies have also learned that they do not require a physical storefront to run their business. The realisation has also reduced the costs of running business operations, leading to some good news on the profitability front. I hope this trend will grow, and digitisation will be common. Even when the pandemic is officially over, customers may not shed their online habits immediately. Hence, small business owners may get better opportunities to kick-start their virtual endeavours without breaking their banks. And yes, insurance will help them stay safe and protected.







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RECIPE COURTESY OF MARX CANOY'S FOOD FEAST

CHICKEN MORCON

with prune (plum) jus

INGREDIENTS

- 1kg chicken breast
- 2 large carrot
- 2 pcs Spanish chorizo
- rocket
- Parmesan cheese
- butter and gherkin pickles
- capers
- 200ml plum sauce (bottle)
- 250ml red wine jus

METHOD

1. Engrave a hole through the end of the peeled carrots and chorizo using an apple corer. Save the carrot cores for garnish.
2. Insert chorizo in the hole of the carrots. Continue to insert gherkins in chorizo.
3. Pound the breasts to make them thin enough for rolling. To do this, you need to place a piece of plastic wrap over the chicken and pound it with a mallet.
4. Season the chicken pieces with parmesan cheese, salt, and pepper. On a clean work surface, lay cutlets flat, smooth side down. Add the stuffed carrots. Starting with the most narrow ends, roll up the chicken cutlets into a tight roulade and repeat rolling the roulade into a foil, and then let it rest for 20 minutes before placing it inside the oven.
5. Pre-heat the oven to 190C. Place the ballotine into the tray and leave it in the oven for 15 minutes.
6. Take the ballotine from the oven, move the foil and continue cooking until it's golden brown.

To serve: Slice it into thin pieces. Then garnish with sauté carrots core and capers. Lay on top of the plum jus with rocket salad.

For the plum jus, mix the red wine jus and plum sauce. Bring to a boil and adjust the seasoning. Ready to serve.

RECOMMENDED WINE

- Two Preece chardonnay or Jacobs Creek Reserve Shiraz



L.A.'S BEST VIEWS AND SEVEN STAR RESORT BATH

PALAZZO DI VISTA

Can a super contemporary home with views stretching from the San Gabriel Mountains to the Channel Islands and a master bath that, according to the listing agent, "rivals a seven-star resort" get any better? Add in an infinity pool, outdoor tequila bar, champagne-tasting room, glass elevator, water features similar to Disneyland, a DJ table on hydraulics, koi pond, and some of the best views in Los Angeles. Palazzo di Vista in the city's Bel Air neighborhood is for sale with a unique asking price of \$87,777,777. The number seven has been incorporated in the home several times in addition to the price, including bedrooms (there are seven) and measurements.

Reconstructive surgeon-to-the-stars, Alex Kadavi, made his fortune keeping the beautiful people looking their best. His success in the cosmetic-medical field made it possible to fulfill one of his dreams; design and build, in collaboration with Ali Rad Design Group, 'Palazzo di Vista,' a contemporary-futuristic home that includes a first-of-its-kind, multi-sensory art gallery. It is located on top of a promontory in Bel Air with some of L.A.'s best views.

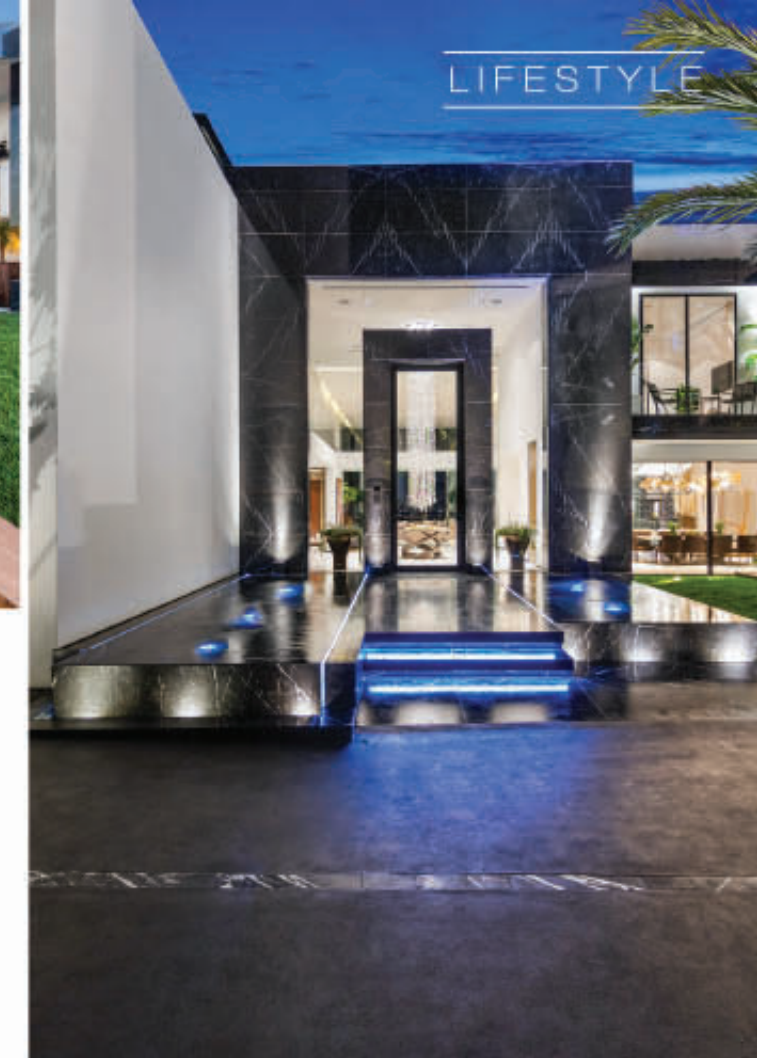
According to the listing, the home's Non-Fungible Token (NFT) art gallery features seven indoor large-screen media displays and a rotatable 2-D laser projector that casts light in a rhombic-shape up to 1,650 square feet over the pool with misters, emulating Disney's California Adventure Park's World of Color attraction. Also featured is artwork by Ghost Girl, Andy Moses, Shane Guffogg and Jimi Gleason.

More unusual design features include a retractable DJ table in the foyer, a koi pond as large as a swimming pool that can be viewed from inside through glass walls, a glass elevator encompassed in the koi pond, and numerous seven-horsepower jets in the infinity pool that coordinate with the home's music - so swimmers can literally feel the beat.

The house is sited on a bit over one acre with seven bedrooms and eleven baths, which includes a master wing with a floating wrap-around deck and the "seven-star resort" bath. There is a glass-walled wine room, multiple dining venues both inside and out, a theater large enough for a crowd, additional lounge areas and a suspended glass floor walkway where ladies may want to be mindful of their skirts. The kitchen is large and minimalist in design and is open to the outdoors with two glass walls. There is also a detached guest house. The NFTs and physical artwork are not included in the listing price but are negotiable.

The listing agents are Aaron Kirman of Aaron Kirman Group at Compass and Mauricio Umansky of The Agency.

Photo credit: Joe Bryant, Juwan Li and Marc Angeles
Source: TopTenRealEstateDeals.com



FIVE WAYS TO BUILD MENTAL TOUGHNESS DURING UNCERTAIN TIMES

For most of us, these past few months have really taken their toll on our stress levels and general wellbeing. Uncertainty can be a difficult thing to deal with at the best of times but when there is not a precedent for moving forward, we can find ourselves in a very precarious position. This refers to both your personal life and your business life. If you are an entrepreneur you will understand how stressful this time has been and now more than ever, we all could use a little clarity. This article will explore 5 different methods of gaining a little mental calmness. If you follow this instruction, you should improve your thought processing skills and hopefully, find the focus and resolve to plan your next move.

Step 1: Put down your phone

We all know that we spend too much time on our mobile phones but most of us don't actually try to limit our usage. Ask yourself, what is the first and last thing you do in the morning and at night? If the answer is looking at your phone, then I suggest a drastic change of behavior. For example, You should not be looking at your phone before you sleep as it is extremely detrimental to your sleep patterns.

Step 2: Exercise

As an entrepreneur, you will lead a busy life. The only way that you can stay ahead of things is if your body can withstand the pressure as well as your mind. Go for a walk, do some stretches, lift a few weights, do whatever you need to to get the blood pumping in your body. This will improve your circulation which will significantly improve your brain functioning.

Step 3: Prioritize your tasks

One of the hardest parts about getting organized is actually sorting out the "level" of priority each of your tasks requires. If you are worried about something that is going to happen in 3 months but has forgotten what is due tomorrow, you are not going to be able to get through your work. By focusing on the most important tasks and working your way down, you will be able to zero in on issues that need to be corrected or adjusted.

Step 4: Take a break

A blunt ax won't chop down a tree just as much as a burned-out candle will give no light. If you have pushed yourself to your limits, you will not have much room for improvement or new ventures. Taking some time off will allow you to recharge your batteries and attack your projects with new vigor.

Step 5: Breathe

In order to gain a little more mental serenity, you need to learn how to focus on your breath. This is a simple meditative technique that will focus your thoughts on one core movement and sound (your breath). This will allow you a moment to gather yourself before moving on. You do not need to rush through life and this is often when things go wrong. Stop. Take a breath. Continue...



THE 2021
AGSA

AUSTRALIAN GOLDEN SASH AWARDS

September 19

DOCKSIDE DARLING HARBOUR

(2 Wheat Rd, Sydney NSW 2000)



A woman with long brown hair, wearing a white wide-brimmed hat, a white short-sleeved dress with a ruffled waist, and brown leather boots, is sitting on a sand dune. She is holding a brown leather crossbody bag and sunglasses. The background shows a beach with waves and a blue sky with clouds.

studio49

photography

49 Johnston St, Annandale NSW 2038
Phone: 0416 095 875

A close-up portrait of a woman with long, dark, wavy hair. She is wearing large, dark sunglasses and a dark, chunky necklace. The image has a vintage, film-like quality with a dark, textured background. The top and bottom edges of the image are framed by a film strip border, featuring sprocket holes and a grainy, aged appearance.

COMING SOON

**SYDNEY
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