

# InLife

I N T E R V I E W S      O N A L

HOW TO BECOME  
A WEALTHY  
ENTREPRENEUR

JULY 2023

GET TO KNOW  
JESS GLAZER



TRANSITIONING  
How to make the smooth  
transition from employee  
to an entrepreneur

INTRODUCING  
*Jennifer*  
KASSIR





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## EDITORIAL

**Managing Director**  
Sue Turner

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Lourdes Buenaflores

**Hair and Makeup**  
Joy Pangilinan

**Photographic & Art**

Kevin Gomez, FIN Photography, Ash Narayan, James Mao, Brooke B, Gary Abella, Dave Choo, George Azmy, Eric Fonacier

**Marketing**

Alex Abella, Krissy Anderson, Eileen Maynigo, Barnes Luz, Jason Harris, Lovely Washington, Charles Chan, Annabel Garcia, John Esquerra, Michelle Palmer, Cameron Wright

**Writers & Contributors**

Jenny Hu, Anjelica Whitelaw, Shiwani Gurbah, Renae Smith, Holly Phillips, Jenny Hu, Charles Chan, Jill Antonio, Scott Murray, Vanessa Jensen, Leanne Harrison, Patricia Higgins, Judy Flynn, Angie, Katrina R, Joerisa, Rommel P, Christian Q, Christine Claire dela Pena, Dasein Catedrilla

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# InLife

A U S T R A L I A

## CONTENTS

- 6 **Entrepreneur Spotlight:** Meet Jess Glazer
- 10 **Wealth Building:** Five steps to becoming a wealthy entrepreneur
- 14 **Entrepreneurship:** Making the transition from employee to entrepreneur
- 18 **GMA Network's Latest Series:** Legal Wives
- 20 **Cover Story:** Find out more about Jennifer Kassir
- 30 **Recipe:** Chicken Morcon (courtesy of Marx Canoy's Food Feast)
- 32 **Inside Celebrity Homes:** Reconstructive surgeon-to-the-stars, Alex Kadavi's "Palazzo di Vista"
- 34 **Industry Tips:** Five ways to build mental toughness during uncertain times

## EDITOR'S NOTES

There's an indescribable feeling that arises when you finally achieve a goal that once seemed impossible and out of reach. We're certain you can relate to that sense of triumph. It's the feeling that fills your chest with pride, transforming your everyday shuffle into a confident strut. In this issue, we're dedicated to making 2023 the year you become intimately familiar with that incredible feeling of accomplishment.

Our mission is to empower you to transform the remaining months of this year into a journey of making your dreams come true. The possibilities are endless when it comes to building and living a life that fills you with pride and joy. To guide you on this path, we have gathered valuable insights from inspiring entrepreneurs like Jess Glazer (p.6), who shares her wisdom and expertise. Additionally, our cover story features the remarkable journey of Jennifer Kassir (p.20), a story that will surely ignite your passion and drive to reach new heights. Let's make 2023 a year of unprecedented achievement and fulfillment. Get ready to embrace the extraordinary and create a life that truly reflects your dreams and aspirations.

Jayson Harris  
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 are 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 traumas, 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 downtime. 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.







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INTRODUCING

# Jennifer Kassir

KASSIR



Jennifer Kassir, a multi-talented actress, singer, and social media influencer, has illuminated the digital landscape with her beloved TikTok character, Ms. Beanie Official, amassing an awe-inspiring following of over 3.5 million fans.

Ms. Beanie, an endearing creation of Jennifer Kassir, has become a treasured figure among children and teenagers alike. Through this character, Jennifer imparts a profound message: embracing one's uniqueness and finding comfort in their identity is not only acceptable but crucial for personal growth. Ms. Beanie's journey encourages individuals to embrace their quirks, celebrate their inner child, and prove that even those labeled as "weird" can achieve greatness in life.

Personifying an unconventional persona, Ms. Beanie often remains blissfully oblivious to social cues while exhibiting an insatiable curiosity for new experiences. Her unbridled love for food is a defining characteristic, but it is her deep sense of care and compassion that endears her to audiences. Jennifer aims to make people active participants in Ms. Beanie's adventures, forging an authentic connection and fostering a sense of camaraderie and shared experiences.

Jennifer Kassir's overarching goal is to provide children and teenagers with a voice, love, and understanding through the

presence of Ms. Beanie. Jennifer imparts valuable life lessons by exploring the ups and downs of friendships and emphasizing the acceptance of mistakes. With each interaction, she wants young viewers to feel heard, understood, and cherished, profoundly impacting their lives as they journey alongside Ms. Beanie.

The multifaceted talents of Jennifer Kassir and the embodiment of Ms. Beanie underscore the transformative power of entertainment and social media. Jennifer's dedication to creating content that deeply resonates with her audience is commendable, as she seeks to leave a positive imprint on their hearts and minds. Through laughter, empathy, and genuine connections, she showcases the immense potential of social media as a platform for nurturing self-confidence and embracing individuality.

In the world of Jennifer Kassir and Ms. Beanie, being different is not only accepted but celebrated. Their collaborative efforts inspire countless individuals to embrace their authenticity, find joy in their uniqueness, and face life's challenges with resilience and humor.

InLife International recently sat down with Jennifer Kassir for an exclusive interview, offering an inside look into the heartwarming conversation that continues to impact the lives of millions. Jennifer's unwavering dedication to empowering the next generation and fostering positivity serves as a shining example of the transformative power of entertainment in the digital age. As she and Ms. Beanie Official continue to touch hearts and inspire minds, their journey of empowerment is far from over.

**Could you please tell our readers a brief background about yourself?**

I am a born and raised American Lebanese content creator from Los Angeles. I was born on April 11, 1999. My parents are from Lebanon, so I grew up speaking Arabic. I'm the oldest child with a younger sister and brother. I'm very family-oriented and love spending time with them. I graduated from California State University Northridge with a bachelor's in Communication Studies. Ever since I was a little girl, I knew I wanted to have a large platform to impact people positively and make them laugh. My biggest passion is entertaining people and putting a smile on their faces. I am on a mission to help make people happier and to inspire them to be themselves and chase their dreams.

**How did you become an international influencer?**

My journey started in 2019 when I made YouTube videos and grew a platform of 100K by doing reaction videos to Indian songs and movie trailers. My audience was from different parts of India. I really enjoyed doing it and learned a lot about the culture. After doing that, I started pursuing TikTok. I made three accounts to target different demographics. I made two accounts that target the USA mainly and another account targeting the Middle East since I'm Arab. My first account @jenniferkassir is a lifestyle/personal blog kind of page where I tell stories and I'm just really being myself showing people my thought process, doing fashion, eating, and more. My second and largest account @msbeanieofficial is for families and kids. I make content like POVs where kids can duet with me. Most of my videos include crazy toys and food. I play a funny character called Ms. Beanie, and I wear my custom beanie in every single video. It became my branding. My Arab account @arabjenn is me speaking Arabic, and I film with my mom. We became a fun duo on there where I tell stories and speak Arabic wrong, which many Arabs find comical. Because I don't live in Lebanon, my Arabic isn't the best, so people make fun of the way I speak. Spreading myself out is what made me go international, and it's only the beginning.





**What's it like to be an influencer?**

It's a lot of fun. I always wanted to have what I have right now. However, it's also stressful. You feel like you have to constantly upgrade and sometimes it feels like a competition. You can easily start comparing yourself to others. But aside from that, there are more pros. All the love and support you get on a daily basis is a great feeling. It gives me a push. Love always beats hate, honestly.

**What has been your greatest lesson, and how have you used that lesson in your life?**

Don't bring people into your life and overhelp them if they don't ask. Basically, choose your friends wisely, and if you have a bad gut feeling about them in the beginning, trust it and back away. I've dropped several "friends" for different reasons throughout my journey and ever since starting this career. One of the biggest reasons is because I bring people into my life and share everything with them and help them too much, then they start taking advantage and expecting more from me, and if I stop giving them what they want, they get mad and assume I'm a bad friend. You realize the only reason they're friends with you is because they want to use you for their own selfish reasons. It doesn't always have to be about clout. Some people are leeches and energy vampires and only want to be around you because they hate being alone. That's also not healthy at all. Having space in relations is key. The lesson is to have boundaries with everyone you meet and doesn't overhelp them. Cut them off if they don't respect your boundaries after communicating with them. It'll backfire on people please on a major level. You get nothing from it but pain. I've had many people not respect my boundaries, secretly being envious, and wanting me to lose while I'm helping them win. Usually, it's a gut feeling when someone doesn't really like you. Trust your gut. Do yourself a favor and don't rush into any relationships, that includes friendships, especially in this industry. Your peace is what matters most.

**If you could travel back in time and alter one historical event, where would you go and what would you attempt to change?**

That's a great question. I mean if I had the ability and power to actually alter an event, it would be any genocide and war that happened to any country. It's not fair for anyone to die due to this stuff. I mean, I wish I could cast a spell to have world peace. No wars, no world hunger, no human trafficking. It's so hard to pick just one historical event to alter.

**What do you think you came into this life to learn, and what do you think you came here to teach?**

I came here to learn how to serve others the way God wants me to and I came here to teach people to be better people and to love one another. I came here to spread kindness, love, and joy.

**What projects are you working on right now?**

I'm working on a short film for Ms. Beanie and I'm going to start making longer-form videos for my YouTube channel. I'm also working on a movie for Ms. Beanie with my director and screenwriter, V Trent. Also developing my skincare line, LA Bodies. I'm bringing new people on board to assist with marketing.

**What would you still like to attempt in your career?**

I want to go the tv/film route eventually. The goal is to expand beyond social media one day, and that also includes writing books which I started for Ms. Beanie already. I'd also like to make more music. I do have some songs out, and I tried to pursue a music career last year until I changed my mind. I'd still do it for fun, though. Music videos are fun to do too. We will see what happens in my career. YouTube is definitely my long-term career plan. I love and respect the platform so much. I'll still do TikTok of course; I'm just not sure how much longer the platform will be around. I have an amazing partner manager at YouTube who takes care of me, and the opportunities are endless with Google.

**What advice would you give to those hoping to follow in your footsteps?**

Quantity over quality in the beginning and then quality over quantity later. I started my career posting 3-10 videos a day, no joke. That's what jump-started my growth. If you want to be an influencer, pump out as much content as you possibly can. Don't try to be perfect. Trying to make perfect content will NOT work. I've posted videos that were amazing and took me hours to film and edit that flopped, and I've posted videos that took 2 minutes to record and edit, and those went viral. This goes for every platform too. I advise you to be your authentic self and make content YOU love. After you make the content, trust the process, and DO NOT compare your views to other people's views. This will discourage you, and you will want to give up. The views will come; just be patient. If you love what you're doing, people will eventually love it too. Also, some people buy views so you could be comparing yourself to something that's not even real. Just stay focused on you! Lastly, watch motivational speakers on YouTube, listen to them on Spotify podcasts, or read motivational books. Nourish your brain with helpful positive information to stay motivated and driven. It'll help a lot!



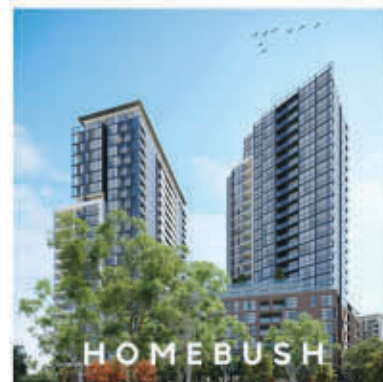




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TO REGISTER PLEASE CONTACT  
Vicky Chew: 0449 551 236 | Grace Kim: 0434 069 052  
www.millionairesalliancebusinessgroup.com.au  
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Vicky Chew: 0449 551 236 | Grace Kim 0434 069 052  
www.millionairesalliancebusinessgroup.com.au  
vickychev@millionairesalliance.com.au



A woman with long brown hair, wearing a white wide-brimmed hat, a white short-sleeved dress with ruffles, and brown boots, is sitting on a sand dune. She is holding a brown crossbody bag and sunglasses. The background shows a beach with waves and a blue sky with light clouds. Two wooden posts are visible in the sand.

# studio 49

photography

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





TV1 is an entertainment and lifestyle global streaming platform offering Australian content. TV1 promotes the most exhilarating events, the most glamorous and successful people, the most in-demand celebrities, the hottest rising stars, and the most exciting trends down under. TV1 may be new but it's most certainly in demand and 100% Australian. We are committed to making Aussie local talents, events, and entrepreneurs easily accessible to both our local and international audiences via the highest quality streaming technology.

Co-founded by the StarCentral Media Group and the Australian Millionaire Business Network, the TV1 channel is the home for independent Australian Screen content. We very much welcome our local screen practitioners from emerging through to the established to make TV1 their home. By streaming your content on TV1, you join a family of rising stars, entrepreneurs, celebrities, and various artists.

**MISSION:** Our mission is to present the most unique and compelling original Australian content by tapping into the hottest local talents and events.







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...



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