

romance on a budget.

*Deal of the Day: Secrets Resorts & Spas*

*Location:* Resorts in Jamaica, Mexico, and the Dominican Republic

*Hotness:* Offers the ultimate adult playground with luxurious settings, gourmet restaurants, enormous rooms and suites and 24-hour concierge service.

*Rates:* Vary but can be as low as \$145 a person per night.

Visit [secretsresorts.com](http://secretsresorts.com) for more details.

### All in the Family—Vacation with Kids

When planning the ultimate family vacation for the end of the summer, look at renting a condo or house instead of a hotel. Sites like [homeaway.com](http://homeaway.com) and [vrbo.com](http://vrbo.com) offer many properties that are often cheaper than hotels and have full kitchens and backyards, which are great for children.

Also consider a staycation. Many people live near big cities or tourist attractions, yet they rarely visit these places. These attractions often offer special discounts or deals to show hometown love to the locals. A simple Google or Twitter search of “staycations and [your city name]” will yield numerous results.

If you do book a local hotel room for your staycation, look at those that provide complimentary meals and fridges so you can save money by bringing your own beverages and snacks.

*Deal of the Day: Deep Creek Lake*

*Location:* Three hours outside of Baltimore, Maryland

*Hotness:* With more than 300 properties, including hotels, condos and a cabin, 65 miles of freshwater shoreline, outdoor activities and beautiful sites, there's something for everybody.

*Rates:* Deals can start as low as a couple hundred dollars and range to several thousand for longer stays.

Visit [deepcreek.com](http://deepcreek.com) to find out more.

### Holiday! Celebrate!—Girlfriend Getaway

There's nothing better than taking a few days to hang out with your girlfriends, and it's possible to put together a trip in just a little time.

Try starting your weekend getaway plans by using social media to find your best deals. A basic hashtag search on Twitter such as #travel #vegas will produce a variety of tips and deals. Try [girlgetaways.com](http://girlgetaways.com), too, for ideas on the best girlfriend-friendly vacation spots to visit, travel packages that save a pretty penny and even what to pack.

*Deal of the Day: The Bowery House*

*Location:* Within the heart of Manhattan and walking distance of SoHo, Nolita, the Lower East Side and Chinatown neighborhoods

*Hotness:* You're close to shopping, sightseeing, nightlife and culture.

*Rates:* Bunk rates start at \$42 per night and cabins start at \$54.

Visit [theboweryhouse.com](http://theboweryhouse.com) to make a reservation.

### Last-Minute Must-See Websites

While it's probably not a great idea to plan a blowout, all-inclusive vacation on the fly, these sites (many of which now boast apps for smart phones, too) take out the guesswork and help you research and plan to make that quick getaway affordable.

#### [adioso.com](http://adioso.com)

A travel search engine that allows you to use natural language to aid in your travel search, like “Atlanta to Cancun in last month of summer” or “DC to Vegas for under \$200.” The site states that it's the perfect search companion for those with an appetite for spontaneous travel.

#### [budgetyourtrip.com](http://budgetyourtrip.com)

Helps travelers plan and track their travel budget. Its estimated travel budget calculator lets you search for cities and estimate future travel costs. It also allows travelers to monitor spending habits while on the trip.

#### [cheapoair.com](http://cheapoair.com)

Focuses on finding the very best airfare for customers.

#### [tripadvisor.com](http://tripadvisor.com)

In addition to being the world's largest travel site, TripAdvisor also offers perhaps the most robust travel discussion site, where users can post questions about destinations and get the ultimate travel 411 in its discussion forums.

Visit [upscalemagazine.com](http://upscalemagazine.com) for more websites to help you plan your vacation.

## Money Over Mind

By Marshawn Evans

GET OUT OF YOUR OWN WAY AND DEVELOP A BETTER RELATIONSHIP WITH CASH.



Most women say they want to make more money and establish a strong financial legacy. However, their actions tell a completely different story.

As a Life Catalyst, I find a common trend among many women looking to make more money who just don't get there because they have subconscious self-sabotaging thoughts concerning money. If you have negative feelings about money, you're actually rejecting abundance, not attracting it.

These feelings of discomfort when it comes to talking about cash often stem from personal doubt and insecurities. For example, some doubt if they're valuable enough to ask for a raise. So, money is simply a by-product of your hang-ups, which end up working against you, not for you. Remember, you attract your most dominant thought.

Hence, it's time for a money mind-shift. Here are three simple shifts you can make right now:

- 1 Ask for what you want with confidence and never negotiate against yourself.** Inner doubts about your self-worth correlate to the amount of the financial wealth you think you deserve. When you embrace your worth, you invite your wealth.
- 2 Stop giving away your time and talent!** If fast food restaurants, for example, didn't charge for french fries, where would they be right now? You should be charging for your time because you're worth it.
- 3 Start tracking your spending habits.** Instead of spending money on things you don't need, commit to investing in your future, which shows that you are worth others investing in you, too.

If you are stagnant in your career or stuck in growing your business, the visible challenges manifesting on the outside are likely mirroring the invisible conflict happening on the inside. By identifying hidden subconscious behaviors that are at odds with your stated prosperity beliefs, you can stop reacting to these fears and start moving toward financial freedom.



As a Life Catalyst, Marshawn Evans equips women to unleash their purpose, dreams and influence. She authored *SKIRTS in the Boardroom* (Wiley 2008) and is founder of ME University® *The Ultimate Branding Bootcamp*. Visit [marshawnevens.com](http://marshawnevens.com).