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21 **JUL** 2021

MEET CANDACE KITA – WRITER + PRODUCER + ACTRESS

Posted By
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Candace Kita - Photo Shoot By: Albert L. Ortega & Renard F. Garr

Hi My Loves,

I'm just gonna jump right into my next blog feature.

If you follow my many social media platforms you will recognize This Beauty. We have been having such a blast over the last several months together on her platforms. Now it's my

turn beautiful babes to share her 🥰

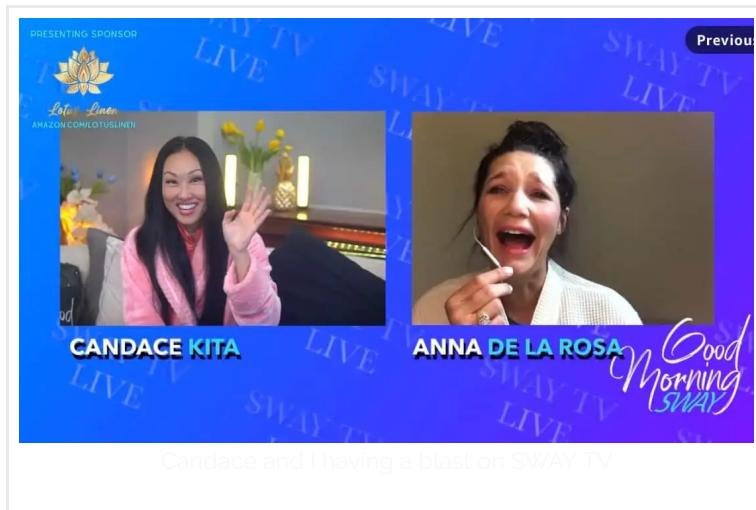
Help me welcome Candace Kita, a
Texan at heart by the way ❤️

Don't know where to began, hahaha,
her portfolio is out of this freaking
world (see full bio below 📌). Not just
that, she is a radiant light and I'm so
honored to be one of her instant soul
sista's ✨!

Candace's info will be at the end of our
interview 🎙️

Go **FOLLOW** her on all platforms and
check out her many accomplishments.

Thank you again Candace for
supporting me and for inviting me to
be apart of your new TV Series/Project
"Conversations with Candace" on **Sway**
TV



Lets dive into our juicy interview ❤️ 🎙️ ✍️

Candace Kita

Writer + Producer + Actress

Featured Entrepreneur: Candace Kita

– Writer + Producer + Actress

Interviewed by: Anna Svetlik De La Rosa

Episode: # 64

Date: 07/20/2021



Photo by: Bob Delgadillo

Q1. What did you want to be growing up?

My early childhood was spent in London. My parents said I always responded, "When I grow up, I want to be Queen."

When we lived in Antwerp, a teacher wrote my parents a letter. She thought I would grow up to be an entomologist because I loved bugs.

When we moved to Texas, I wanted to be a barrel racer.



Candace Kita - Photo by Andy Rooney, Exact Digital

Q2. Tell us all about you and the story of how you have gotten to this point in

your life?

"This point" in my life has come quickly. I blinked and decades flew by. But, I got to this point day by day. Time passing so quickly has taught me all we really have is now.

Our concept of time is an illusion. We think we have this day, this moment, this nanosecond. But all we really have is "now".

I've tried to live each moment to the best of my abilities. Some days have been good, others not so much.

Life has unfolded for me one day at a time, like pages in a book. Only now, I don't try to purchase the Cliff Notes version of the Book of Life. I watch it unfold page by page, chapter by chapter because there is simply no use skipping to the end to see what eventually happens!

I've also begun viewing life as the thing

you experience while trying to reach a goal. Life is not about the goal itself. The goal is often incidental. The true value is in the pursuit. This is where the living is done because of the challenges, people you meet and experiences you have while trying to reach a goal.

You asked about me. There is nothing much to say about me other than I'm just another person on this planet that happens to be living at the same time as you. Sometimes I think it is so odd that we are all like a bunch of ants, spinning on a blue orb that is hurling a million miles through space.

Think about it, it puts everything in perspective.

We are all lost in time as is everything, just ask **Ozymandias** The only thing that really matters is how you affect others, good or bad, while you are here NOW.



Candace Kita at Focus TV Studios, Hollywood, CA.

Q3. What do you think are the three biggest mistakes women make when it comes to achieving their goals?

1. Not taking time to clearly visualize the steps it will take to achieve a goal.

2. Spreading your energy too wide and without focus.
3. Being afraid to ask for help when needed.



Q4. What is one of your most treasured accomplishments?

I don't know if I have a most treasured

accomplishment. I know what I wish it was. I wish I took more time and better care of my grandparents when they were aging. This is probably my single, biggest regret in life.



Love

Q5. Tell how you process workload stress or personal stress or just too much coming at you at one time?

I just take it day by day. In the past, I would look at everything in the week and it seemed overwhelming.

Now, if the workload seems like too much to look at for a day, I take it by the hour. And if this is too much, I look

at it by the half hour. I break down time to the most easily digestible increment.

Even if you are just looking at the next minute in front of you, that is still okay... and don't forget to breathe.

I also like to be alone. I re-energize this way and I never feel "lonely". Time alone is important to think your own thoughts, especially when you are not alone often.



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Q6. Do you have any beauty secrets?

Sleep. If you don't get the proper amount of sleep, it will show. And all the spackling in the world won't hide

the fact you looked tired.



Q7. Do you believe there is some sort of pattern or formula to becoming successful, you are killing it?

Success is built by smaller

successes. Each day try to achieve five smaller things towards your bigger goal. Also, define what exactly "becoming successful" really is.

As I've gotten older, I've redefined my definition of success. This is not because I haven't reached goals I've set for myself. Rather, it is because I'm understanding more what is really important in this journey.

I'm realizing the smaller things are really the bigger things in life. And all of the "successes" the world sees are not the things that make me feel successful.



vivaglammag



Candace Kita and Katarina van Derham

Q8. If you could speak to one woman from history, who would it be?

Eve. She ate from "**The Tree of Knowledge**". Throughout history, women have been viewed as the origin of sin. If I could speak to "Eve", I'd tell her to shake off the blame that has been handed to women since the beginning of time. I'm mean, come on, ya'll!



Q9. Any future collaborations you want to share?

Thank you for asking, I'm currently a host on [Sway TV](#) on [Amazon Live](#). Each day we interview wonderful guests such as [Anna Svetlik De La Rosa](#)! In fact, this is how we met and her positivity and love for others has really made a difference to all of us at

Sway TV!



Candace attending a SWAY TV Event - Photo: Albert L. Ortega

Q10. Favorites:

- **Favorite snack?** Probably chocolate
- **Favorite quote?**

"Tempus Fugit"

The older I get, the more I
understand this simple, yet

complex, phrase.

- **Favorite movie?** Well, "Withnail & I" is ultimate comfort food.



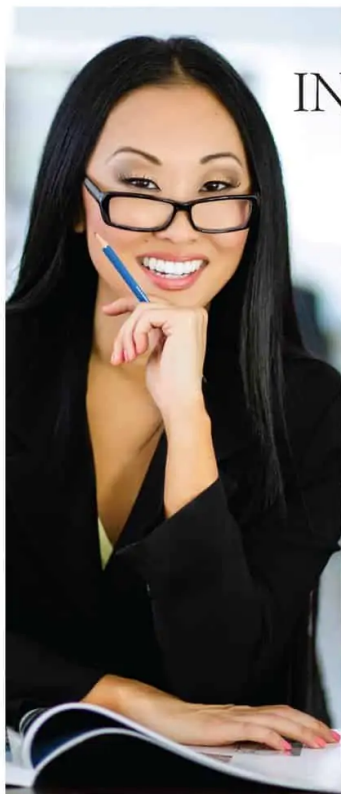
Candace walking her Tortoise

Q11. Do you sing in the shower?

No, but some of my best ideas manifest when I'm standing in the shower!

WELLNESS

Written by Candace Kita



FINANCIAL INTELLIGENCE *For Women*

I remember graduating college and wondering, "Now what?" Not only did I not know exactly what my career was going to be, I had very little understanding of managing my finances. Whether you are just starting out, building a business or in the prime of your career, it is vital you understand how to properly TAKE CARE OF YOUR MONEY long term. How much do you invest? And where? What about retirement?

Between watching two financially savvy girlfriends of mine invest their money and reading Suze Orman's "Women and Money", I began to understand how to make my money work for me. One of the first things I learned was how to manage my own finances. Don't rely on anyone else to do this for you. My best friend's mother said, "The most important thing you can do in life is to learn to take care of yourself. Don't rely on others. And don't expect others to take care of you. Learn to do it yourself and this includes your finances." Women often make the mistake of relinquishing financial control to the men in their lives. Whether it is a partner or family member, they let go of the financial reins. Sometimes they do this because they are old fashioned or because they simply don't want the responsibility. Later in life, these women are not in a good position to handle their own finances. Why? They didn't learn about managing money at an early age and therefore don't have the tools to do it in later life when they need it.

Another important financial goal is to focus on retirement even at an early age. Make a commitment to dedicate 10% of your income to retirement starting in your 20's. Did you know that saving 10% of your income starting in your 20's at a \$50,000 a year salary could become \$2.2 million dollars at retirement? Start building your nest egg early and it will pay off for you in the long run.

This may seem harsh, but don't make emotional money mistakes. This can include a friend, loved one, or co-worker asking to borrow money from you. I can't tell you how many times I've seen this happen to people I know and they always regret it. I've even made this mistake myself only to later regret it when I was never paid back. If someone can't pay a debt off to a lender, what makes you think they can pay YOU back? Not only is this emotionally stressful, quite often it leads to the end of the friendship. It is difficult, but don't loan out money unless you are okay with losing it for good.

Along these lines, never co-sign on a loan for anyone. Co-signing basically means if, for any reason, they can't pay back the loan, you are responsible. Unless you are willing to assume the payments for this loan and a lowered credit score, don't do it.

If you are getting married, get a prenuptial agreement. I know this may counteract romance, but marriage is a legally binding contract and must be looked upon this way. Remember, you are entering into a financially binding contract between two people. You need to protect your assets. For example, if you have been working on an IRA, make certain he is not entitled to it should you get a divorce. And this goes for all assets accrued during the course of your marriage. Once again, I have seen friends of mine lose a large amount financially because they didn't have a prenuptial agreement in place.

Also, don't take on your spouse's debt when you get married. Make certain both members are debt free before deciding on marriage. Don't be afraid to talk freely about both of your financial situations before you get married. You need to know this information and it should not be considered rude or intrusive for you to ask. Make certain you know who you are

dealing with and what their financial situation is before you enter into marriage. Remember, choosing a fiscally irresponsible partner will ruin your financial well-being.

Throughout my investing, I have learned to find financial friends. These are people that I have learned about investing and saving from. Whether this is a trusted friend, family member, or someone you can call a mentor, it is important to have someone to confide in and ask financial questions to. For example, one of my friends was the Valedictorian at Harvard and was a former day trader on Wall Street. I am always emailing and calling him for financial advice. He is someone I go to when I am making financial decisions and I feel confident in his advice because I have known him for almost 20 years.

Also if you are in your 20's or 30's, keep 80% in stocks and 20% in bonds because you have time to ride out the stock swings. If you are in your 50's and 60's, keep 40% in bonds to help your portfolio when stocks are slumping. Don't stop investing into your retirement accounts even if you have a difficult year. As much as you can, continue to invest yearly.

And finally, have a financial nest egg for emergencies. This should be enough to cover all

*This may seem harsh,
but don't make emotional
money mistakes.*

of your expenses for up to eight months in case something comes up. I know this sounds like a lot, but you don't want to rack up massive debt, and the interest payments that go with it, because of an unexpected emergency. If you are married, put this emergency fund in a separate place so no one has access to it except for you. This is something for you to fall back on just in case you need it.

By following these simple steps, you are off to a good start towards your financial destiny. Remember, you can control a secure financial future and there's nothing more valuable than that.



Article By Candace Kita

Q12. I want to have a little fun with ya.
You don't have to be a certain
personality to be beautiful,
successful, smart or talented, just be
you 🙌

Check out fun preferences below:

■ **Pick one or the other:**

- **Gold or Silver:** platinum
- **Gucci or Balenciaga:** 1960s
Balenciaga a la Edie Sedgwick
- **Dogs or Cats:** tortoises
- **Nike or Puma:** Sketchers or
barefoot
- **Sweet or Salty:** Sweet
- **Summer or winter:** Summer
- **Pancakes or waffles:** Belgian
waffles
- **Diamonds or Pearls:** diamonds
- **Netflix or YouTube:** YouTube
- **Reading Books or Audible Books:**
reading, always reading
- **Instagram or Twitter:** IG

- **Toilet paper: 1 ply or 2 ply:** Is there a 4-ply?
- **Red or Pink:** pink
- **Iced Coffee or Hot Coffee:** hot
- **Comedy Movie or Action Movie:** comedy



SEE MORE OF CANDACE 🖱️

(All Photos Included and Credits are located on Candace's Website Below)

Twitter: [HERE](#)

Candace Kita's IMDb: [HERE](#)

Candace Kita's Website: [HERE](#)



Candace Kita - Photo by Andy Rooney, Exact Digital

Candace's Detailed BIO:

Asian American actor Candace Kita spent her early childhood living in the United States and throughout Europe, attending the American School in London and the Antwerp International School in Belgium. At 11, she began her professional career acting opposite Ruta Lee in *South Pacific*. She also played classical flute for 12 years and was invited to play in the Palm Beach Atlantic Symphony Orchestra as a teenager.

At 16, she began modeling after being scouted while waiting for a friend in a hair salon. She balanced modeling and her education, finishing college with a BA majoring in philosophy and contemporary religion. She was also the Fellowship recipient her senior year, voted most outstanding student by members of the faculty. During this time, Kita

became fluent in American Sign Language and worked with deaf immigrants by helping them to pass their citizenship exams. She was offered a full scholarship to Texas A & M for a Master's degree in oceanography, but turned it down to pursue her goals of becoming an actor and model. She later worked on a master's degree in sociology. Her modeling career was managed by the Wilhelmina Agency in Los Angeles. She appeared in print campaigns for Neiman Marcus, Nordstrom, Marshall Fields, Takashimaya among others.

After moving to Los Angeles, Kita found success as a series regular lead in 40 episodes of FOX TV's "Masked Rider". She also had series recurring roles on "Son of the Beach", "Dance Fever", "Complete Savages" (opposite Mel Gibson) and "Running With

Scissors". Some of her feature work includes "I Now Pronounce You Chuck and Larry" with Adam Sandler and Kevin James, "The Bad News Bears" with Billy Bob Thornton and Greg Kinnear, "Barb Wire" with Pamela Anderson, "Wild Side" with Christopher Walken and Anne Heche, and "Rennie's Landing" with Jennifer Garner and Peter Facinelli.

Kita is also active in charity work and supports Read Across America, The USO, the Humane Society and PETA. She was quoted in Variety, "Someone called me the Ann-Margaret of today's generation for supporting the troops. I wear that title proudly."

She has also campaigned to make the anti-stalking laws more stringent in the state of California. Most recently, she wrote a book, The Hottie Handbook: A Girl's Guide to Safety, a safety primer for women of all ages. She has also been interviewed by CBS, CNN, The

Actor's Network, The ID Network, The Jay Leno Show, Inside Edition, among others, emphasizing safety for people in the Entertainment Industry.

Candace is the Managing Editor of Viva Glam Magazine and most recently, she was voted one of the **Top Ten Most Beautiful Women by Rukus Magazine**.



Candace Kita and Charlie Sheen on "Two and a Half Men."

Xo

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ABOUT POST AUTHOR



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Look at these cuties! ❤️💪
 Hannah De La Rosa and M
 will be the very last interviews in my upcoming
 book, after all of the amazing boss babes I
 have interviewed. Over the years I have learned
 so much from my little girls, which are not little
 any longer lol! So I want
 at the end and both of t
 perspective as a teen. A
 they are prepping for th
 versions of themselves ✨



Website by
 Ravid.

Guidry Photography for
shoot for them! We had
these photos are going
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