

Newsletter



Issue 27 - November 2009

Dear #firstname#,

After years of being asked if she's dead, Larissa (who's Army nickname has been Zed for 20 years), is finally saying YES!

Because **who cares if Larissa has trained over 2,100 people** in the skills for a healthy Mind, Body & Wallet? What matters is that your wallet is whipped into shape! So goodbye to Zed and hello to Your Money Mistress!

Just like spring cleaning your home, you can spring clean your life. **Do away with beliefs and habits that don't serve you well.** Be true to yourself about what you love. That's exactly what I'm doing - I love playing the role of Your Money Mistress. Check out the section opposite for more information and may you find your passion before it's too late - **remember our days are expensive. Once they're spent no amount of money can buy them back!**

Thank you..

the ACT Government who have requested we deliver Fitness for Xmas (F4X) workshops to staff members. **If you'd like to have F4X delivered please [contact us](#).**

Life's lighter side

Please accept that no offence is intended. If you have a sense of humour, you are on the way to great health.

In response to my announcing I'm moving to a warmer climate before next winter, I received the following email:

A message from Your Money Mistress:

Oh how I love life! The warm weather of Spring is finally here in Australia's capital (Canberra). Spring's the best season for motorbike riding and new beginnings. So **I'm shedding the skin of serious business owner**, conforming to how "things should be done". I'm going to follow my passion - talking about S*X and money. **Did you know these are the 2 main reasons relationships breakdown?** If you have a healthy relationship with your lover and your money, chances are you'll be healthier, wealthier (inside and out) and happier than someone who just has a fat bank account.

I was brought up that making love with your lifelong partner is one of the best human experiences you can have. Unfortunately I didn't learn that the more money you have the more good you can do with it, until much later in life.

Believe me I was daunted by the thought that I may offend some people but most people love the idea and aren't surprised at all. So, **I am now Your Money Mistress: whipping your wallet into shape.** Ironically I am here to serve you and make sure you dominate your debt! Would love to hear your thoughts [here](#).



Tell us what you want

In line with our Spring cleaning we want to have more enquiries via the website. At present most of our work is via word of mouth - **thank you and yes, please keep speading the word.** However we'd like you to help us with our makeover, because **we want to satisfy your wants. The first 10 people who** suggest what we can do to improve our website and products / services (new and existing), will **receive a copy of our Health and wealth Starter CD.** You can view our [Home page](#) and [Resources page](#), then let us know your thoughts [here](#).

Kickstart me Quick: Tip for non attendees

Those that attended the one day workshop had a great time and even commented that **it was the best financial workshop they'd been to.** For those who couldn't make it, here's a tip for improving your financial fitness (though of course we went into much more depth on the day):

When putting your **Money Action Plan (MAP)** together you need to know your destination, start point and the challenges ahead. Be honest and set realistic SMARTER goals and targets. Remember to include your co-driver with the aim of their strengths supporting your weaknesses.

received the following email:
"Why not just find a man so hot that you forget what season it is?!" Thank you Malcolm :-)
 In response, the many hot men I know are either attached, not interested or not quite right. I wouldn't want to inflict myself on Mr Not Quite Right and I'd prefer to wait and spend the last 10 years of my life with Mr Fantastic than 40 with someone else. [What do you think?](#)

If you think someone may benefit from this information please forward it. The sooner we are financially literate the sooner we can spend our time as we please and society will benefit as a whole.

You are receiving this newsletter due to your association with National Financial Fitness.

If you have received this email in error please notify us. Also, please consider the environment and print duplex,

only if necessary.

Next month:

How to avoid the festive season financial hangover

New Year Resolutions

your weaknesses.

Those that attended the workshop received a copy of The Path to Success and a **follow up call**. If you'd like information on how to Kickstart your Financial Fitness [contact us](#).

Looking for licensees

Due to the flexible delivery of our Program and workshops we are choosing the Licensee model to help as many Australians as possible have healthier minds, bodies and wallets.

With over 40 hours of information our **wHealth Program is nationally recognised and Government accredited, meaning it meets Australian training standards.**

We are currently seeking Expressions of Interest from individuals and organisations who would like to teach our courses. For more information please [contact us](#).



Fitness Tips

For the Mind: By practicing positivity it becomes a habit and eventually a permanent state of mind. You don't know exactly how you got to be this happy and it doesn't take much for you to remain happy. Just like depressed people don't know exactly how they got to be there - it just happened. The key - **practice positivity!**

For the Body: I found out the hard way that if you do leg curls followed by kicking a punching bag, you will hear something snap! As a Personal trainer you would think I would have been in better shape?! So the tip is to **warm up no matter what shape you're in :-)**

For the Wallet: Retirement (being able to stop work if you want to) is the **longest holiday of your life**. Visit the tools and resources on [this site](#) to calculate how long your retirement savings will last.

For Inspiration

You're only as old as the last time you changed your mind.
Thank you to Bill Quinn of Canberra for finding this gem.

Training for a healthy Mind, Body AND Wallet

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If you would like National Financial Fitness to provide you with quality training call **1300 YES NOW 1300 YES NOW**
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