

**From:** National Financial Fitness [edu@financialfitness.com.au]  
**Sent:** Thursday, 12 August 2010 10:46 AM  
**To:** edu@financialfitness.com.au  
**Subject:** My Senate candidate promise to donate 9 months & 30% of my..

# Newsletter



Issue 36 - August 2010

Dear there,

Please excuse this issue (the first in 3 years) of blatantly promoting for the greater good. So do you live or know someone in NSW that must vote on the 21st August?

As a **Senate candidate for NSW I am promising (if elected) to donate the next 9 months to giving healthy Mind, Body & Wallet talks** (because I don't have to take up post until July next year). PLUS there would be complete transparency of where my salary and allowances go, **wth at least 30% going to charity!**

I firmly believe my **Army Officer and Federal Police skills of assessing a situation and its risk, allocating resources and monitoring the chosen course of action, would benefit the community.**

Find out more information about me and the Party at:  
<http://www.larissazimmerman.com/>

Until we all sigh relief that the election is over,  
National Financial  
Fitness \_\_\_\_\_

**Thank you..** to [Doculink](#) (site redesign occurring) who have gone the extra mile in shipping a proof copy of The Bedside Guide to me,

### **A message from Your Money Mistress: Whipping your wallet into shape!**

My book is at the printer! I'm excited for you too as you'll be able to implement this information without personally having to see or speak with me.

And with my running for Parliament for the Australian S\*x Party, I ask you to think **outside your comfort zone. Indeed that's where the greatest opportunities for growth lay** and the Senate could well do with a voice representing personal freedoms, gender rights and the **protection of children.**

The videos on [my website](#) explain my philosophies further, with the Party policies of **education, euthanasia and my passion of the economy and the environment.** To those who said I should, I have obviously succumbed to the suggestion of going into politics. However know that **Ghandi, Mandela and the King of Bhutan are my role models.**

### **Corporate training**

We've just developed a 2 day workshop for an Organisation to be **delivered by our trainers in Melbourne and Sydney. If you'd like a tailored solution** for your workplace (s) around Australia just [contact us](#).

If you'd like to see how Financial Fitness training can benefit you **complete our Organisational Health Check up** [here](#).

### **Individuals**

This month I saw a couple who were enjoying life, albeit not getting ahead financially. They had an investment property, good wages (one in business, one public servant) and money wasn't a cause for disagreement, although they did differ in their financial attention span.

**Their differences however were able to complement each other** as we decided she would do the entering into Excel after he had pencilled the figures into the Basic Budgeting spreadsheets.

They wanted to get rid of debt and get ahead, so I'll let you



with a comment of "**I wish I'd read this book when I was 20 and I'm going to buy a copy for my daughter.**"

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### 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.*

From Tommy Cooper (some time ago)

"Somebody complimented me on my driving today. They left a note on the windscreen that said 'Parking fine', so that was nice."

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If you think someone may benefit from this information please [forward to a friend](#). The sooner we are financially literate the sooner we can spend our time as we please and society will benefit as a whole.

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**Our training is Government accredited meaning an external auditor has deemed it to meet Australian standards.**

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know how they go when I do the follow up call in a month.

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### Aunty Lissy (view the [website here](#))

Richard Pascall from the UK (who I have met) has kindly written an article. I've put an extract here and you can find out more by visiting <http://www.people-evolution.co.uk/>



**"The second that anyone, of any age, has money of their own, they can and should start planning how best to use it."** Try telling that to a primary school child!

So how do you get a primary school child to understand all about money? As far as they're concerned, when they get money, it's all about chocolate, computer games or food on the way home!

From simple coin recognition to finding the right phone tariff, children are taught "all things money". Visit Richard's site to find out more and let people you know in the UK, know about Richard.

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### Fitness Tips

**For the Mind:** Imagine if the opposite of what you previously thought was true? What if we followed in Portugal's steps and moved drug users into the health system (not traffickers, they would still be criminals)? Drug users could still be fined, like a speeding fine, but not a criminal record. The war on drugs is not working and criminologist, Professor Paul Wilson from Bond University is not the only one who agrees.

**For the Body:** The traditional pyramid with breads and cereals at the base worked well when we didn't have sedentary desk jobs. Now, some of your carbohydrate intake (energy source) could be better replaced with protein (repairing the body).

**For the Wallet:** Lesson 26 on my blog [here](#) draws parallels between the national budget and your own, as well as looking inside before pointing the finger outside.

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### For Inspiration

*"Don't use retail therapy. Make love! More lovin', less debt. Vote for the Virgin of Politics."*

Your Money Mistress (<http://www.larissazimmerman.com/>)

**Training for a healthy Mind, Body AND Wallet**