

From: National Financial Fitness [edu@financialfitness.com.au]
Sent: Wednesday, 9 June 2010 1:18 PM
To: edu@financialfitness.com.au
Subject: June Special offers, healthy foods & more..

Newsletter



Issue 34 - June 2010

Dear there,

In Australia, June marks the end of the financial (fiscal) year, so **we're giving readers a chance to start the new year with new financial habits!** Wherever you are in the world **you can take advantage of these offers, valid until 30 June, [here](#).**

Of course it's a smart move to review your finances at least every six months, **especially when the banks look at your balance every month and then add interest!**

Until next time...
National Financial
Fitness _____

Thank you.. to the [Canberra Writer's Centre](#) for progressing the publishing of The Bedside Guide to S&M: How to have Sizzling S** & More Money in your relationship. **You can reserve your copy of the first chapter [here](#).**

Life's lighter side

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

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

After my post last month about a couple who haven't been intimate for 4 years I heard of another couple who had gone 5 years without intimacy. **This is in huge contrast to** the female primary school teacher who has a new boyfriend every few weeks. Honestly, I make no judgement and **thank people for being different as the world would be boring if we were all the same.**



I would love to hear your thoughts on either situation at the new Facebook group (with privacy) page [here](#).

Corporate Check up

It makes sense that when your employees are happy, healthy and without financial burden, they will be more productive. **Both employers and employees can complete our Organisational Health Check up [here](#).** If you tick yes to every question you're already on the path to great financial fitness!

Individuals

People, **please STOP spending money to look wealthy! Build real wealth instead.** I recently had a good looking man (alias Mick) referred to me by his friend. 'Mick' had leased a BMW that was now worth \$50,000 although the debt against it was \$62,000. He bought expensive suits and accessories and had more BAD debt than his age in years.

His new outlook allowed him to thank the Global Financial Crisis (GFC or Credit crunch) for Waking him up that **he didn't need these external items to make him look or feel good. In fact, they made him feel terrible in the long run.**

Next month I'll let you know what steps he's taken but in the meantime please share your experience of the GFC, general comments and lessons learned or steps taken, [here](#).

[great health.](#)

Did you know the family tree of Vincent Van Gogh included his Mexican cousin called A-Mee Gogh and a niece who travelled around in an RV? Her name was Winnie Bay Gogh.

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.

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

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

Teaching 10-12 year olds how to run a business is fun, especially when mentioning that high **Emotional intelligence (EI)** is linked to well performing Companies. How would you teach EI (ie that ability to manage both your and others' emotions)?



Would you keep your cool? Would you lift your child's spirits higher when they're feeling flat? Are you indeed in tune with your own and the emotions of others? **Next time you ask someone how they are, listen to HOW they reply, not WHAT they say.**

Fitness Tips

For the Mind: Write the statement "I am an amazingly unique being, capable of many great things" or some other positive statement you're aiming for. Then quietly listen to that little voice that may dispute this. Write the statement again and again until that little voice starts to change it's mind, then repeat the exercise daily. See how, with each day, you're able to write the statement less times.

For the Body: Check out the Men's Health 30 foods that help fight fat [here](#).

For the Wallet: Lesson 24 on my blog [here](#) talks about the first step towards budgeting.

For Inspiration

"Don't try & keep up with the Jones's. Be the Jones's. It's cheaper and more fun!" Andrew Newnham from [Fruition Data](#)

Training for a healthy Mind, Body AND Wallet

www.financialfitness.com.au edu@financialfitness.com.au

If you would like National Financial Fitness to provide you with quality training call 1300 YES NOW 1300 937 669

National Financial Fitness Pty Ltd ABN: 96 123 386 729
GPO Box 2411 Canberra ACT 2601 AUSTRALIA Ph: +61 1300 YES NOW

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