

From: National Financial Fitness [edu@financialfitness.com.au]
Sent: Thursday, 7 October 2010 1:46 PM
To: edu@financialfitness.com.au
Subject: there, Bad Debt Bootcamp & your investment PIE!

Newsletter



Issue 38 - October 2010

Dear there,

Life's for living, not sitting in front of a computer! From now on newsletters will be slightly shorter & richer in content while not giving everything away. "You're not a charity" I was told (though sometimes I think we should have started that way) & I don't understand why some people don't value something unless they're paying for it.

So from now on it's **only one f*ree talk per month.** Since the next couple of months are already booked, if you'd like to get in for 2011 just [contact us](#).

Until next, stay healthy, happy & wealthy, inside & out!
National Financial Fitness

Thank you.. goes to the Australian Defence Force Academy who got the old girl (ie Larissa) in at 6:45am to talk with 150 first year cadets. Lots of laughter & learning was had by all, **with one staff member wishing his wife had been there!**

Life's lighter side
Please accept that no offence is

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

It amazes me the number of people who complain on news.com.au about potential rate rises & the Government.

We are all response-able to play above the line (ie the victor). Those complaining play below the line as a victim, blaming others. Say today "I am responsible and capable of making my own choices & decisions."

People with more money & a healthy s*x life (that doesn't just mean lots of it, it means true connection) are generally happier! **The Bedside Guide to S&M: How to have Sizzling S*x & More Money in your relationship can help you be that person!** If you'd like a signed copy (& maybe a discounted copy for a friend), grab it [here](#).



Corporate training

Yay! Bad Debt Bootcamp Â® was recently held for vulnerable women (read s*xual abuse, domestic violence & learning disabilities). **My eyes moistened on Day 2 as a 55 year old lady shifted her mindset and language by firmly** resolving to be with her four sisters as they took their mother on a cruise next March. And another lady loved and adopted the saying **"Other peoples' opinions are none of your business."** So take the pressure off yourself by not worrying what others think. With the lead up to Christmas, talk with a support person and family members, highlighting that **presence is more important than presents.**

If you'd like to see how Financial Fitness can benefit your organisation & its clients **complete your Organisational Health Check up** [here](#).

Individuals

The couple we previously mentioned are on their way to seeing a

intended. If you have a sense of humour, you are on the way to great health.

Dave smirked as his flat chested wife tried on a new bra. "Why do you want a bra? You've got nothing to put in it." "Well why do you buy underpants?" she asked.

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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financial planner. So when you go to a financial planner remember to think of **how you would like your investment PIE to look**. That is, how much do you allocate to:

- **Property**
- **Interest** (bonds, fixed and cash on hand)
- **Equities** (shares, including overseas markets)

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

SWISH education asked me to teach "You're in the Army now" and it was FUN! Fitness testing, drill, bush craft, the phonetic alphabet and more! Apparently, after Graduation, the younger children in other classes marched to a cadence up the stairs. We were **leading by example - one of the principles of leadership! How are you leading by example?**



Fitness Tips

For the Mind & Body: Be still. Keep your mind blank & relaxed by deeply breathing with your eyes closed. Feel the easing in your body when you focus on the area behind and between your eyes, and then release that focus.

For the Wallet: With one click you can now easily subscribe to the fortnightly relationship and money saving tips on my blog [here](#).

For Inspiration

*"Contemplation often makes life miserable. We should act more, think less, and stop watching ourselves live." Nicolas de Chamfort
Interpretation: Less analyzing, more doing :-)*

Training for a healthy Mind, Body AND Wallet

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