

**Subject:** FW: there, have your say tonight, the YMM Menu, new graduates plus more

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# Newsletter



**Issue 48 - August 2011**

**Dear Larissa,**

Last month I forgot to mention that my radio show (which is for you) is currently on Thursday nights.

You can request songs and interact, as well as see Programming changes here on the wall of the Face Book page "[Whipping wallets into shape.](#)" Yes, the Queanbeyan students preferred this new name to the old one of "More love . And **tonight I'll be giving away a copy of my Book, so do tune in or stream it live from the website.**

And thank you to those who asked after the newsletter - yes it is late this month due to interstate travel and hospitalisation.

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

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**Thank you.. goes to the Smith Family ACT for asking me to come in and talk to their ANZ Saver Plus Program.**

And those people who let me know the spelling mistakes. Indeed Outlook's "Check Spelling on forwarding" function doesn't always work for some reason.

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**Life's lighter side**

## **From Your Money Mistress: Whipping your wallet into shape!**

Thank you to those who praised the [S & M taster.](#)

### **After watching it, ask yourself:**

- What would you do for entertainment if you were in Tanya's shoes?
- Could you save \$3000 by consolidating insurances like Pennie & Alan?



And because **you get the same rush from being in love as spending money**, I wish you lots of love and less debt. If you would like **exciting workplace training check out the new Menu** at

[http://www.yourmoneymistress.com/PDFs/YMM\\_Menu.pdf](http://www.yourmoneymistress.com/PDFs/YMM_Menu.pdf).

The Bondi Chamber of Commerce definitely enjoyed their session!

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## **Corporate training**

The [ACT WIRC](#) held an afternoon workshop and it was great to see the women interacting, learning from each other. We talked about Binding Financial Agreements (BFAs), mortgage tips and the Basic Budgeting process amongst much more. Downloads can be found on the Compliments page at <http://www.yourmoneymistress.com/> and <http://www.moneysmart.gov.au/>. **And some of our favorite books are [here](#).**

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## **Individuals**

Our recent Queanbeyan graduates completed the following competencies:

- Develop and use a personal budget
  - Develop and use a savings plan
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*Please accept that no offence is intended. If you have a sense of humour, you are on the way to great health.*

New words for the Dictionary:

#### **Blamestorming:**

Sitting around in a group discussing why a deadline was missed or a project failed and who was responsible.

#### **Mouse Potato:**

The on-line generation's answer to the couch potato.

#### **SITCOM:**

Stands for Single income, two children and an oppressive mortgage.

If you think someone may benefit from this information please [forward this email](#). 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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- Understand consumer credit and Debt
- Understand Superannuation
- Work effectively with others
- Use business technology and
- Contribute to OH&S hazard identification and risk assessment.

The **finale of the course is a success interview** and it was great to see people looking back from the future, describing the steps they'd taken since the course. Do this yourself.

**Imagine it's 2016 and you're being interviewed on my show, due to your success. Describe your journey.**

#### **[Aunty Lissy](#)**

This will be the last Aunty Lissy segment as the aim by September (Spring) is to have 2 very short newsletters, one each for National Financial Fitness and Your Money Mistress. So **as a reward for people who have read this far**

just reply with "Thanks Aunty Lissy" and you will receive a copy of the Getting Ahead: Financial Goal Setting for Teenagers, which has a lot for adults too. Thank you - it's been fun.



#### **Fitness Tips**

**For the Mind:** No amount of mind power kept me out of hospital last month but it did have me almost back to normal much quicker than others. If you are struggling, have an internal conversation with your body and focus your energy to where the healing is required.

**Body:** Realise that core strength and back pain are related. Tighten your tummy and your obliques (your side core muscles) and this will help support your whole skeletal frame.

**For the Wallet:** Check out the latest tips on my blog [here](#).

#### **For Inspiration**

*"Life shrinks or expands in proportion to one's courage."*

Anais Nin

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

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