

Subject: FW: Last chance for Government funded training & Aunty Lissy dies!

From: National Financial Fitness [mailto:edu@financialfitness.com.au]

Sent: Friday, 10 June 2011 10:31 AM

To: edu@financialfitness.com.au

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Newsletter



Issue 46 - June 2011

Dear there,

If you **live OR work in NSW**, you're **eligible for our Government subsidised** Health & wealth course, starting 22 June. View the [flier here](#) and remember that it's never too early to look at your finances!

And yes it's true. The old Mazda 121 that my niece and nephew had painted with Aunty Lissy and their names has been written off! I am upset but can't complain - I walked away when it could have been worse.

So, **for the first time since 1996 I'll technically have a car loan**, although I'm using my own line of credit. How would you get by without a car and how quickly would you spend thousands to replace it? I've practiced what I preach - see the Individual and Aunty Lissy sections for more.

Until next time, stay healthy, happy & wealthy, inside & out!

National Financial Fitness

Thank you.. goes to **Ambarvale High School** for asking Larissa to speak at the Speed Career day, and then to help assess on Mock interview day. She was indeed impressed by the students!!

From Your Money Mistress: Whipping your wallet into shape!

Recently the **Bondi Chamber of Commerce** could see how intimacy and personal financial health affects productivity in the workplace. They liked Allan Pease's comment that **"women can't focus on work unless their relationship's in order and men can't focus on their relationship unless their work's in order."**



For more tips **please** like the [new Face Book page](#). I'm trying to build it to the **thousand odd fans** the old page had before Christmas. **If you do, I'll offer a whipping to the person of your choice ;-)**

Corporate training

What Financial New Year habits are you adopting in your organisation? We all know that Christmas and new calendar years are not the time to make workplace productivity resolutions because staff have a lot to focus on personally. And we know **culture generally permeates from the top down, so lead by example.**

If you'd like healthier, wealthier employees check out [our course](#). And if you're not eligible, but still interested, [contact us](#). Or **use the flier to start an internal discussion.**

Individuals

Frustrated with having to suddenly buy a car **I almost decided on a horse!** Then I remembered my own advice. If it's over \$1000, think about it for a week. So

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.

A man suggests to his wife that they could save a lot of money if she cleaned the house instead of getting a cleaner, plus learning to cook well so they didn't waste food or eat out so much.

"Yes dear," she says. "And if you were good in bed we would save money on the gardener."

See ladies, I told you this month would be ours ;-)

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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it's taken me 11 days to spend \$22,000. **So what's your limit? Perhaps it's \$100 needs an overnight ponder? Decide with your partner what it will be and enjoy being united in your approach.**

Now if we think about raising a child (about \$1 million), how long should we think about that? ;-)

Aunty Lissy

Did I jinx myself with the sign writing on my old car "**New cars or retire now with a motorbike. Have more fun & money.**"? Or perhaps with the recent thoughts that I should upgrade?



Whatever it was, you must believe that **our thoughts create actions, which obviously create our reality. So... each morning before getting out of bed pick a word or phrase for how you want the day to be (eg fantastic, awesome, getting on with my sister).**

Fitness Tips

For the Mind: For the new FY find a book to call your Inside Out Health and wealth journal. Have a section for mental, physical and financial health and start by writing three things you are grateful for in each section.

Body: Covered above with the three things you are grateful for about your health.

For the Wallet: Watch the video on my blog [here](#).

For Inspiration

If you are going to make someone your priority make sure they are happy to be so, and that you are not just their last option.

an adaption by Larissa Zimmerman

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
PO Box 272 Campbelltown NSW 2560 AUSTRALIA Ph: +61 1300 YES NOW