

Subject: Larissa, Do you ever feel like giving up? Plus we have 15 Government funded..

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Newsletter



Issue 45 - May 2011

Dear Larissa,

Recently I was so frustrated with certain organisations not seeing the obvious benefit of financially literate members of society, that **I was about to give up and retire as a nomad** (slight exaggeration but the thought did cross my mind). Then I took one last Action Step. And it worked! As the saying goes "**the day is darkest before the dawn**".

So now **we have 15 Government funded places available for our Queanbeyan Health & Wealth Program!** We will be commencing the course at the end of May (final details to be advised), so if you're interested, just reply with "More information please". And of course please forward this email if you think someone else may benefit from financial literacy.

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

Larissa from National Financial Fitness _____

Thank you.. goes to **Anne-Marie**, an Angel with a heart of gold who is now working with Financial Fitness. We share a similar vision for South West Sydney, so we look forward to working together.

From Your Money Mistress: Whipping your wallet into shape!

Well it's back to Canberra with the cross again! Strive Inspirational Training will be **hosting a Money Mistress talk on Thurs 19th May.** View the Flier (print ready for your noticeboard) [here](#).



And to have **More Love & Less Debt** in your life head over and like the [new Face Book page](#). Since Face Book hasn't reinstated the old page this new title should be acceptable for the home of S&M (S*x & Money) tips. There are already a couple of quick tips to help put your working years into perspective.

Corporate training

Currently we're developing a fortnightly financial education email series for a large wealth creation company. If you think your employees would benefit from something similar, just [contact us](#).

You could also do a short staff survey to find out what's important to your staff (and it's not always more money).

Remember, healthier, wealthier employees are happier and more productive. Flight Centre's Global HR Manager, who's quote is on our website, agrees.

Individuals

A friend of mine who is also passionate about financial literacy has offered a complimentary copy of his Money Rules [Budgeting Program](#). This offer is only available to the first two people so be quick.

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.

The reason men prefer dogs to women is because the later you are, the more excited your dog is to see you. Plus, dogs like it if you leave a lot of things on the floor. To prove this theory men, lock your wife and your dog in the garage for an hour, while messing up the house. Then unlock the garage and see who's happier to see you.

Don't worry ladies, next month will 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.

You are receiving this newsletter due to your association with National Financial Fitness. If you have received this email in error please notify us. Also, please consider the environment and print duplex, only if necessary.

Aunty Lissy

Children learn by example. **If they hear you arguing about money they tend to develop the opinion that money causes fights. This of course is not true. Money is inanimate.**



By discussing money in adult fashion children will learn that money problems can be resolved and that "money moments" are part of a healthy relationship.

Fitness Tips

For the Mind: Think of your brain as the physical components of a TV. Try to keep it in good working order by eating well and letting it rest. Then think of your mind as the TV Program and make sure you're choosing to play a positive, uplifting show. Change channels if you have to! ;-)

Body: Don't take your faculties for granted. Your body is unique, beautiful and capable. Be grateful for what you do have, as this affects your mental health and vice versa. Your mental health will reflect in your level of physical illness.

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

"Those that matter, don't mind and those that mind, don't matter."

Dr Seuss

Training for a healthy Mind, Body AND Wallet

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