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Subject: Congratulations, Legal Proceedings, Spring cleaning & more

Dear Larissa,

Congratulations to Stephen G, Lola W and Joe M who were the first 3 to tell us of their new Financial Year goals on the [Face Book page](#) & get a copy of my book. I look forward to hearing you've succeeded! One of our goals was to get an order against a Canberra RTO so they could not use our intellectual property (IP). It was an unsavoury task that taught us a lot and was worth it in the end. By facing my fear I now have the confidence to tackle larger challenges so let me ask you, what are YOU avoiding? What is the benefit of just starting "it", taking that first small step? Can you feel the relief of overcoming this and having it behind you? Yes I did visualisations and the newsletter below gives a couple of other tips to help you achieve your desired result. Please enjoy and pass to others if you like it. Of course let us know if you don't like it and why ;-)

Wishing you a healthy mind, body AND wallet!

Larissa Zimmerman, aka **Your Money Mistress: Whipping wallets into shape** (['Link In' with me](#))

BSc (Maths) plus a few other pieces of paper

If you want to be Financially Fit ASK US HOW: call 1300 YES NOW (1300 937 669)

Newsletter



Issue 58 Aug / Sep 2012

Hi Larissa,

Now that Spring is here (in Australia), are you spring cleaning bad habits? Remember it's easier to replace habits than go cold turkey. For example, everytime you overcome the urge to impulse buy reward yourself by putting that money in a jar and each month put 90% on your debts with 10% going towards a "planned impulse buy". Just check your credit card statement, which now has to show you how long it takes to pay off if you only pay the minimum - very scary for some!



And if you'd like to reward yourself with browsing my book before buying it, you can do so at the following stores: ACT (Belconnen Dymocks, Curtain's Q books & Daltons on Marcus Clarke St) and in NSW (Bowral Angus & Robertson and Camden's Collins Booksellers). Remember, try before you buy *cheeky smile*

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

National Financial Fitness : Australia wide Government accredited training, supporting the Wilderness Society and more

Thank you.. to www.mwlp.com.au for asking me to speak at the Jobs expo. I told students that by the time they're my age they'll have had a few jobs but the one consistent will be the important role that money plays in the game of life. Some of the cool kids won't be so cool anymore and some of the less cool people will be successful so we don't know how life will turn out. The best path is to appreciate our differences and value money as you would a friend - get interested, otherwise it won't hang around. Once you learn what it's good for you may find this acceptance flowing into realising that different people which we know little about, actually are good for us too ;-)

Life's lighter side *Please accept that no offence is intended. If you have a sense of humour, you are on the way to good health*

Did you hear about the scientist whose wife had twins? He baptized one and kept the other as a control.

And the easiest way to find something you've lost is to replace it ;-)

Fitness Tips (with more on [the blog](#), [Face Book page](#) & [radio show](#))

For the Mind: Our life is full of AICs. We can either A-cept, I-nfluence or C-ontrol something. If you can't influence it in some way (eg petitions), don't waste time worrying about something that actually falls into the first category - let it go!

For the Body: Remember to get your daily dose of hugs this fine Spring Day. At least one a day is good for the soul ;-)

For the Wallet: I've answered another survey question regarding blended finances in new relationships on my [blog](#).

Our recommended resources can be found [here](#).



For Inspiration

*"Not everything that is faced can be changed but nothing can be changed until it is faced."
James Baldwin*

If you think someone may benefit from this information please [forward this email](#). If you'd prefer your financial education a little more risqué check out www.yourmoneymistress.com. The sooner we are financially literate the sooner we can spend our time as we please and [society will benefit as a whole](#).

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Training for a healthy Mind, Body AND Wallet

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