

National Financial Fitness

Subject: Larissa, why do men have nipples?

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Dear Larissa,

Yes, the email subject was one of the questions on our survey that made us laugh. The answer will be revealed next month but in the mean time, please enjoy this month's newsletter (a short one), as we wait for confirmation of the many courses we have coming up in NSW & ACT (Government funded places included). We sincerely hope you've had a great start to 2012!

Lastly, some people answering the survey forgot to give us their details for the gift. If you haven't received your gift please let us know.

PS We are looking for an ACT / South East NSW Licensee to deliver our training (first course booked for mid March so you can be earning money straight away).

Wishing you a healthy mind, body AND wallet!

Larissa Zimmerman, aka **Your Money Mistress: Whipping wallets into shape**

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)

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Issue 53 - January 2012

Hi Larissa,

If you're like us you've had a relaxing break and then jumped straight in. So much is happening it's easy to forget that we need to slow down so the Angel of good fortune can catch us. And if your NY resolution involved getting your finances in order we can tell you about two courses coming up (both for women, so guys, please tell the ladies in your life).

- Financial Empowerment in Campbelltown NSW starts Thu 16th Feb. Please phone 1800 077 760 for more information & yes, child minding is available.
- Financial Empowerment Intensive in Canberra ACT starts Mon 19th Mar. Please phone 02 6205 1075.

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 those who completed the survey. We had international responses from the UK, South Africa and Thailand, with 81% agreeing there should be financial literacy legislation. 94% agreed to having accredited training as a tax deduction and 82% would attend workplace training around relationships and money. 76% agreed to replacing the Baby bonus with a Pre Parenting Program and no-one found the Money Mistress offensive - Phew! We'll put more results, comments and answers to questions on the website soon. Thanks again!

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*

On a Friday a man goes into a jeweller's and lets his girlfriend choose the most expensive piece of jewelery. As she's admiring it the man pays by cheque and the assistant says he'll be able to pick it up next week when the cheque clears. Next week the man walks in and the assistant tells him the cheque bounced. The man says "I know. I just wanted to thank you for the best weekend of my life".

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



For the Mind: Please write at least 5 answers to the question: How is it that in 2012 I have greatly improved my Financial Situation?

Are you looking back on the festive season, smiling that it was the most financially fit and FUN festive season you've had, because you changed your thoughts, words, actions and beliefs? What is it that you did differently? And resources that help retrain the brain can be found [here](#).

For the Body: Fruit & vegetables that are near their use by date can be blanched (boiled briefly) or stir fried lightly and put back in the fridge making great crispy snacks for days to come.

For the Wallet: Check out the latest tips on the Face Book page (you'll need to sign in first) and blog (links at the start of this section).

For Inspiration

It is well for people who think to change their minds occasionally in order to keep them clean.
Luther Burbank

If you think someone may benefit from this information please [forward this email](#). If you'd prefer your financial education a little more risque 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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If you would like National Financial Fitness to provide you with quality training call 1300 YES NOW 1300 937 669

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