

## National Financial Fitness

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**Subject:** Happy Financial NY! ASIC chose us! & what this means for you!

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Dear Joe,

Thank you to those who have said they'd like to see this bi-monthly newsletter and YES, it's true! National Financial Fitness has been selected for the ASIC panel of Financial Literacy subject matter experts, allowing other Government agencies to piggyback off this arrangement. Our successful Tender puts us on the small panel with Scott Pape, the Barefoot Investor and means that you, dear friend, client and newsletter subscriber, will receive the very best financial literacy materials! There are many organisations offering financial education but you can now be assured that you are getting the best, unbiased information available.

As a strategic alliance was one of our goals I'd now like to ask you what's your Financial New Year resolution? The first 3 people to tell us of their financial goals on the [Face Book page](#) (and Likes the page), will receive their choice of 2 books: The Path to Success or How to have Sizzling S\*\* & More Money in your relationship. I look forward to seeing them!

Wishing you a healthy mind, body AND wallet!

Larissa Zimmerman, aka **Your Money Mistress: Whipping wallets into shape** ([Link 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)**

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# Newsletter



Issue 57 Jun / Jul 2012

Hi Lauren,

Well our first Campbelltown NSW course was oversubscribed and with 15 students completing their part qualification **we've been granted more funding** for another! Details can be found [here](#).

On the course we develop **Money Action Plans (MAPs)**. You can start your own by being clear about what you want to achieve. Follow the SMARTER goal setting principle and this becomes your "endstate". Your start point is your current equity and cashflow, which means you have to do a hypothetical budget and **record your expenses so you can test and adjust**. Of course this is just the tip of the subconscious iceberg ;-)

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 Ambarvale High School students who presented themselves very well during mock interview day. South west Sydney is in good hands when these students hit the workforce ;-) And of course thank you to their wonderful hard working Career Adviser Mrs Ellem, for asking me to attend.

And I promise to answer another question from our survey on [my blog](#), this weekend ;-)

**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*

From one of our Face Book fans: If you don't pay your exorcist does that mean you can be repossessed?? Boom - tish! Tx Joanne ;-)

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

**For the Mind:** Who do you play in life? Do you sometimes find yourself as the victim, the persecutor or the rescuer? This Drama triangle, based on power games can become a Power circle where you have an Educator (who doesn't persecute), an Enabler (who empowers instead of rescues) and the learner (who becomes self sufficient and confident). Aim for Power circles!



**For the Body:** Next time you have an ailment (like my broken rib), say "I have a healing rib", not a broken one. Just like "I'm getting over a headache" instead of I have a headache ;-)

**For the Wallet:** Check out the latest tips on the [Face Book page](#) (you'll need to sign in first) and the [blog](#). Remember to tell us your New Financial Year resolution and win a cope of your choice of book!

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

**For Inspiration**

*"A positive quote a day helps keep the negative attitude a way."*

Anon

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](http://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.

You've received this newsletter due to association with National Financial Fitness. If this is an error please notify us. Also, please consider the environment and print duplex, only if necessary.

**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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