

## View Email in Browser

Subject: , as I can now die a happy woman will you walk "naked" with me?

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Dear Larissa,

While the subject heading's explained in the newsletter below I just wanted to remind you how the last newsletter suggested focussing for a month. Upon reflection, February (the financial / work focus), still saw me having 8 "work days" off. I told you I measure my time like my money ;-). So March, along with the family / friends focus, will be "more money" because the more money you have the more good you can do with it, although every \$500 I save on my kitchen renovation is another child I can sponsor. Then April's the month for Global action in preparing for a meeting with Sir Richard Branson in May in Adelaide. Which leads me onto the "naked" walk below...

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)**

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# Newsletter



**Issue 61 Feb / Mar 13**

Hi Larissa,

Why can I die a happy woman? Because 'Mat', a Housing NSW tenant who attended 1 x 2.5 hour group session has given up his drug habit and is getting back with his family with a positive life path ahead of him. We both got goose bumps as he told me how 4 lives have been changed for the better. Then my goal of being on the Speaker circuit was realised with my listing (amendments pending) on <http://www.icmi.com.au> after I was seen speaking. Now your workplace and conference organisers can book someone who's on the ASIC Financial literacy Expert panel and **"more exciting than that other finance speaker"** as was told to me. You can come to me direct but ICMI are the professionals when it comes to the logistics.

So why am I blowing my trumpet? So you can do the same! What's the one thing you're great at? What do you want to achieve? What difference do you want to make? **Take one step towards it today and make sure your financial habits are supporting that dream!**

AND speaking of steps, a group of us who want to make changes are walking across Sydney. I was calling it The Emperor's new clothes walk, based on the fable of disillusion, and was going to walk in underwear to capture media attention. However I'm open to suggestions as it's all about the Peoples' Solutions to their concerns. It's not about complaining and being an election year in Australia (no I'm not running again as has been asked ;-), the politicians may have more reason to listen. So far people have raised commercial development /growth, cyclist / motorist and environmental issues, along with euthenasia and a few others. **It's about Waking up to how precarious our situation is and being Part of the Solution**, raising awareness of all that's available out there and suggesting some radical new concepts. More information can be found on [my blog](#).

PS I raise some of these issues on Thursday nights from 10pm EST on 100.3FM Sydney (stream via [www.2mcr.org.au](http://www.2mcr.org.au)). ALL questions, comments, requests, soapboxes and blowing of trumpets welcome! What message would you like to tell the world? I sincerely look forward to hearing from you!

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 Gary Seeto for sending unsolicited copies of his Property Millionaire game and book. The first 6

people who post on the Whipping wallets into shape Facebook page or comment on the blog (links below in the Fitness tips section), will receive their very own copy. Once you've commented send me an email with your address so I can send the game to you!

**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*

If you want to know why they're called the opposite sex, just express an opinion.

And in line with Easter, "the first lie detector was made out of the rib of a man, and they've not been able to improve the model since" ;-)

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

**For the Mind:** Start the day with a positive affirmation before getting out of bed and end it with a grateful statement before going to sleep. I say many but one of my favourites is "today like every day I am connected to you, the universe, the source of unlimited abundance and my purpose".

**For the Body:** Think about 5 things you can do that won't cost a cent. EG 1. Get adequate sleep 2. Drink water until your urine is clear, then have the coffee (if you must) 3. Laugh at least once a day (yes the physiological effects are amazing) 4. Connect with nature 5. Do your maximum push ups before showering.

**For the Wallet:** Given this is now a bi-monthly newsletter you may've missed some previous entries on my [blog](#). Prior to the 11 "shares" there are 50 lessons. If you think they're worthwhile please share. And of course tell me if you think of improvements - thank you!

**And as usual, our recommended resources can be found [here](#)** and my alter ego (Your Money Mistress) has her book available [here](#).

### **For Inspiration:**

*"If you think something's missing in your life it's probably you."*  
Robert Holden

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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National Financial Fitness Pty Ltd ABN: 96 123 386 729  
PO Box 272 Campbelltown NSW 2560 AUSTRALIA Ph: +61 1300 YES NOW

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