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Subject: , how does one Spring clean their life?

Newsletter



Issue 64: Aug / Sep 13

Training for a healthy Mind, Body & Wallet!

Hi Larissa,

Campbelltown Council recently asked me to speak to 50 women from various backgrounds and at all different stages of life. The next day I received a lovely email from an attendee saying I'd inspired her so much that she was taking a day off to get her financial fitness environment right.

Indeed our mental, physical and financial fitness are linked and with it being Spring in Australia, now is the time to set yourself up for success. In half an hour you can create a space with inspirational sayings and fun tools like colourful calculators, pens and paper. I also have a 5 subject notebook called my 'Inside out health and wealth journal'. This is where I write tips for my mental, spiritual, physical, financial and relationship health, with the 5th section devoted to strategic long term visioning. So this week spend about half an hour and write down at least one tip in each of the first 4 sections. Then in the 5th write down 3 things that have not worked for you, that you are going to give up (eg the need to be right or worrying about the future). Now write 3 things you're going to focus on (eg reducing my footprint or slowing down so the Angel of Good Fortune can catch me).

Lastly make a date with yourself each week to maintain your momentum. Happy Spring cleaning!

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

Larissa Zimmerman aka Your Money Mistress. BSc (Maths) plus a few other pieces of paper

Whipping wallets into shape! [Link In with me](#)

Providing Australia wide Government accredited training, supporting the Wilderness Society and more

Thank you... to those who turned up to the Canberra or Campbelltown reunions. It was great to catch up and see children being brought along too. I look forward to doing it again sometime!

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*

Life on Earth may be expensive but it includes an annual free trip around the Sun!

My wife's purse was stolen the other day. I was going to report it stolen but the thief was spending less than she was! ;-)

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

For the Mind: Recently, during a tense relationship moment, I had to remember that anger is a secondary emotion to pain. EG We're angry that we loved too much and have been hurt or that our partner said something that touched a nerve and we don't know how else to explain our pain. There's also a belief that most men turn all confusing emotions into anger because as hunters, they weren't required to develop the emotional expression that women, the mothers and nurturers, had to. My suggestion is that every person, single or attached, read a relationship book such as Men are from Mars, Women are from Venus or Why men don't listen and women can't read road maps. Would love to hear your thoughts on the blog or Face Book page above.



For the Body: Wheat bran (vitamin B3) balances blood sugar and minimises fat storage. I personally have a mix of

wheat germ, all bran and oat bran each morning as a topping for my cereal. It also provides protein, fibre, B1 & B2, folate and iron. Yum! ;-)

For the Wallet: This time the [blog](#) mentions how 2 financially different people can come to a compromise and a couple of steps to help you start on your path of financial freedom. And how some of us may subconsciously self sabotage when a dream is placed before us. Really, we just have to realise that we are indeed deserving of all that is given to us.

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

For Inspiration:

"The best things in life, aren't things"
John Ruskin (1819-1900)

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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