

Newsletter



Issue 65: Oct / Nov 13

Training for a healthy Mind, Body & Wallet!

Hi #firstname#,

OMG! I drafted this before the Melbourne cup (an annual Australian horse race that has weeks of build up, only to be over within 3 minutes). Yes it's fun but it can be like some of the goals we aim for where the build up exceeds the long lasting feeling of accomplishment. This is because those goals are not based on our values.

Having just bought 300 acres with my new partner, meaning I'll soon be removing myself from the rat race, I can tell you goal setting and achievement isn't always easy. But it is worth it! I share more of this on [my blog](#) and ask you to make sure your goals align with your values.

Speaking of values could I please ask you to sign [this petition](#) to keep the ACT Women's Information Referral Centre open? I've been doing work with these lovely ladies for years but the Government wants to close them after 35 years of helping women and their families.

Now, to reduce moving stock, **I'd like to offer you 2 or 3 Bedside Guides to S&M (How to have Sizzling Sox* & More money in your relationship) for the price of 1.** They make great Christmas presents and I can send you testimonials in addition to [these](#) to prove it ;-). Just pay for 1 and I'll send you 2 OR if you've bought something before (including an individual consultation) just put this in the Special instructions on Checkout & we'll send you 3! **Not bad for \$20! Grab your copies [here](#).**

Lastly **I'm also looking for Licensees.** As I cannot service all enquiries (plus the move to NNSW), please contact me if you would like to help others achieve Financial Fitness and freedom. While Sydney and the ACT have people waiting, this Government accredited training, plus the shorter workshops for all ages, can be taught anywhere. For more information just reply to this email and the application form is available [here](#). Remember **we're on the ASIC Panel of Financial Literacy experts so you know the material is good** ;-)

* E changed to an O for spam filters ;-)

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 Flor Sermeno (a lovely client) who's husband has put together this comprehensive [Financial contacts list](#). He has done so out of personal interest, receiving no personal gain whatsoever - thank 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*

To be happy with a man you must understand him a lot and love him a little. To be happy with a woman you must love her a lot and try not to understand her at all. *Allan & Barbara Peas, authors of Why men want sox* & Women need love* ;-)

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

For the Mind: Buying 300 acres with my new partner, after considering it for only 2 months, pushed me way outside my comfort zone. However, for years when teaching the SMARTER goal setting module I've said "By age 45 I am retiring with 4 investment properties and an eco friendly home fully paid off." It just so happens there's a lot of work in an eco friendly home and it is coming earlier than expected. While daunting, I did set this goal in alignment with my values. So my point is when you feel uncomfortable, think of your BIG picture goals and don't tell the universe how it's supposed to satisfy your order.



For the Body: Get to know your sugars! Glucose is good but fructose is not (very generally speaking). Sugars are carbohydrates and are required by the body. The fructose in high fibre foods like fruit & vegetables are fine. Spend 5 minutes Googling and you'll save many hours of heart ache about diet and what to eat for your best body for summer ;-)

For the Wallet: With Christmas around the corner please tell me you've written a list and done a budget so that you're not "killed by new year credit". Awesome! The next step is to work out how much you have to put away between now and Christmas to cover costs. If you want to go a step further, making it a Christmas to remember, check out the Presence is more important than presence blog post (link above the Mind tip above ;-).

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

For Inspiration:

"Not everything that can be counted, counts and not everything that counts, can be counted." **Einstein**

If you think someone may benefit from this information please #forward_to_a_friend#. 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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