

Newsletter



Issue 66: Dec / Jan 14

Training for a healthy Mind, Body & Wallet!

Hi #firstname#,

Well I hope 2013 ended better for you than me (brown snake in the cabin at 430am) and your 2014 started better too. Because a full bottle eventually breaks, I chose not to bottle up my feelings of overwhelm due to unexpected visitors, long family stays, vermin, snakes, smelly drop toilets, no fridge or rubbish collection and no rain (we're on tank water). Now while that sounds negative let me tell you that it has all worked out in the end with everyone letting off steam and having a new appreciation of the other. As I say in my talks, if something offends or feels uncomfortable, that's an opportunity for growth and learning. Being able to react in a calm manner when previously you wouldn't have, shows maturity. And I've realised there's a price to pay for moving away from the rat race but it's worth it. Yes, Christmas day was spent exploring our 300 acres - very enjoyable! Indeed life isn't all roses but if you can read this it probably means your problems are first world problems. We're so lucky in this vast country that's only 0.5% of the world population, that we have clean drinking water and high hygiene standards.

Have a great Australia Day long weekend for those Down Under and if you're looking for a Valentine's Day present I'm **offering 2 Bedside Guides to S&M (How to have Sizzling Sox* & More money in your relationship) for the price of 1**. They make great Thank you presents and I can send you testimonials in addition to [these](#) to prove it ;-) Just pay for 1 and I'll send you 2. **Not bad for \$20! Grab your copies [here](#).**

I'm also still **looking for Licensees**. While I'm heading to the USA for an International Franchise Expo later this year I can't service the ACT and NSW areas I have in the past. Please contact me if you would like to help others achieve Financial Fitness and freedom. 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 my partner's parents who have built the structure for our compost toilet. Yes a personal thank you this month due to holidays ;-) Thank you guys - now we don't have to walk to the drop toilet in the middle of the night when snakes are feeding!

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*

What do you get if you kiss a canary? Chirpies!! But it's untweetable because it's a canarial disease ;-)

*As an aside remember to avoid those STDs (s**ually transmitted debts) via Binding Financial Agreements ;-)*

Fitness Tips (with more on [the blog](#) and [Face Book page](#))

For the Mind: Decide on at least one person you're going to call less this year (as the most negative person in your life). Tony Robbins calls it spring cleaning. I always let my friend know if I find them negative and ask them to be more positive. If they don't then they just hear from me less. Then tell three people you'd like to catch up with them more and maybe even have a financial conversation with them (ie what advice would they offer).

For the Body: I've found working the land has maintained my strength but my aerobic capacity has diminished. Make sure you breathe heavy for at least 30 minutes, 3 times a week and yes bedroom exercise is counted ;-) Steps, skipping, walking fast, jogging, dancing & swimming are all options. The 30 minutes can also be in 3 lots of 10 minutes in one day. A good indicator is to say you're working at a level of 7-8 out of 10 (absolute maximum ability that can't be maintained for long). Go for it and have fun!



For the Wallet: Open, honest communication with oneself and others means a healthy wallet. It means you won't be spending money trying to feel better after fighting, trying to spite the other person or because you haven't discussed an issue properly. For a fun activity with yourself and / or significant other to find out what's important to them, fill in the blanks to the questions [here](#).

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

For Inspiration:

"Sometimes things fall apart so that better things fall together." **Marilyn Munroe**

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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