

# Newsletter



Issue 68: Apr / May 14

Training for a healthy Mind, Body & Wallet!

Dear #firstname#,

From last month what subconscious limiting beliefs did you find? As a young girl, because my father doesn't like people in business, I made the connection that if I succeeded in business I would lose my father's love. Silly I know but a young girl doesn't have the logic and wherewithall to see this. It became submerged and was only dealt with in 2009 after I did some work on myself. Funny how years of belief can be dealt with over a much shorter period of time.

Which leads me to say that I think the greatest gift of all is TIME. And I'll be giving you time by saving you reading the next newsletter (ie there won't be one for June / July as I'll be busy promoting Financial Fitness in the USA). Of course you're welcome to send through suggestions of organisations who would like me to speak to them while I'm over there and any sights I should see ;-)

Also, if you're interested in a great number for your business please get in touch. The number **1800 YES NOW** (1800 937 669) was one we purchased a while ago and haven't ended up using.

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 JDL Strategies who want to raise the level of financial literacy in this country. We'll be running courses in most states and are in the process of working out how best to do this for 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*

A recent study has found that women who carry a little extra weight live longer than the men who mention it!

It is better to have loved and lost than live with the psycho the rest of your life.

The word phonetically doesn't even start with an "f". It's reasons like this that aliens fly right past us ;-)

## **Fitness Tips (with more on [the blog](#))**

**For the Mind:** T Harv Eker's book Secrets of the Millionaire Mind mentions 17 differences between rich and poor people. The 1st is that rich people believe they create their life while poor people think life happens to them, blaming others and justifying financial results with sayings such as money's not as important as love. Well that's like saying your arms aren't as important as your legs. They're both important for their own reasons in different areas of life. So in the areas where money counts (ie getting out of debt and retiring early), are you placing enough importance on it, realising that the **more money you have the more good you can do with it?**

**For the Body:** Speaking of body parts, give and get a massage before the week is through. It can be a face massage from your child (they love seeing how a face can be squished up ;-)) or rubbing your own feet. Make sure your body touches another and is touched. Physical connection is VERY important!!

**For the Wallet:** Thoughts lead to feelings that lead to actions which give results. Choose the result you want and work backwards. What actions do you need to take? Are you procrastinating because you feel demotivated when it comes to money? Thus what are your thoughts around money? Change your thoughts and you will change your results. You will have financial fitness! More tips and the latest blog entry can be found [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:**

*"Today I will do what others won't so that tomorrow I can accomplish what others cannot." Jerry Rice*

If you think someone may benefit from this information please #forward\_to\_a\_friend#. If you'd prefer your financial education a little more risqué 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.

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