

## View Email in Browser

Subject: 3 people give pointers for achieving your goals

# Newsletter



Edition 89: Dec 17 / Jan 18

Training for a healthy Mind, Body & Wallet

Hi Larissa,

Recently I featured in the Sydney Morning Herald and The Age in [an article](#) on how to set financial goals you actually achieve. Because I'd like you to take the time to read it that's all I'll put in this section this time and I sincerely hope you've had a great start to 2018!

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

Larissa Zimmerman aka Your Money Mistress. BSc (Maths) plus a few other pieces of paper  
So much more than financial discipline! [Link In with me](#)  
Providing Australia wide Government accredited training, supporting The Wilderness Society and more

[Thank you to ...](#)the lady who emailed me saying that my website lets me down. Upon reading the article she'd Googled me and felt there wasn't enough information to refer her daughters to me. Point taken and she is correct in saying that it looks like the Health & Wealth Program is more for organisations. As I've semi retired this is almost a hobby business. I'm tired of trying to market and organise workshops. Now I just let people come to me and fully support my Licensees but her comment did make me think if I should spend money on the websites [www.financialfitness.com.au](http://www.financialfitness.com.au) or [www.yourmoneymistress.com](http://www.yourmoneymistress.com)? Your thoughts are welcome. xx

[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

I have the body of a God....Buddha :-)

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

**For the Mind:** Meditation just means focusing the mind to achieve a clear mental and calm emotional state. Once you've finished reading this newsletter (or now ;-), look away from the screen, close your eyes, take 3 deep breaths and with each exhale imagine whatever's in your head falling away out your ears leaving an empty mind. Imagine the body dissolving onto the floor like a liquid and enjoy that moment. You can do this as often as you like (or the boss allows ;-)



**For the Body:** Give me the good stuff! Recently I've taken to eating raw silverbeet on my sandwiches. I grow it on the balcony and recommend you and your colleagues have a couple of plants at work in a sunny spot. It can be outside or in and caring for these plants is so easy. Try baby spinach, kale, basil & lettuce too.

**For the Wallet:** Keep receipts for items until you've used them the first time. Recently I've had to return a couple of items (one not used) and having the receipt makes it easy.

And there's always the [Face Book page](#) with Wealth Tip Wednesday or the Money Mistress website has a number of RESOURCES available [here](#).

For Inspiration: (although I've been saying this for years ;-)  
*"Train yourself to let go of everything you fear to lose." Grand Master Yoda.*

*I saw this on another newsletter and thought it very poignant.*

**If you think someone may benefit from this information please [forward this email](#).** If you'd prefer your financial education are 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.

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Training for a healthy Mind, Body AND Wallet

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