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Subject: I'm late!

Newsletter



Edition 84: Feb / Mar 17 Training for a healthy Mind, Body & Wallet!

Dear Larissa,

This bi-monthly newsletter is two days late and I'm probably the only one who cares ;-) Sometimes we put pressure on ourselves unnecessarily and sometimes certain standards (like reliability which builds trust) should be adhered to. Having said that I'll get straight to the point. I'd like to know what YOU think should stay in these newsletters (see below), and what YOU want me to write about. Please do tell me. Just hit Reply and ask me a question. That way I know I'll be giving you what you want. And you can also tell me [here](#) at my blog which has over 80 entries with a couple of tips per entry.

I'm also going to be in **Sydney / Canberra between the 1st - 5th May so if you'd like to catch up personally please let me know asap.** And I hope all who have been affected by the East coast floods have stayed safe xx

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 PLAN International and more

Thank you...to [Studio 504](#) for my new photo! You can check it out at the [bottom of this page](#).

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*

China has a population of over 1 Billion people. So if you think being one in a million is special, in China there would be more than a thousand of you!!

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

For the Mind: The next time someone rattles your cage and you find yourself deliberating over it more than you'd like, remember all the nice things they've done. See if you can come up with at least 10, mentally hugging them for each one.

For the Body: Once a week (or more) give the body a scrub in the shower. It feels invigorating as you get the blood circulating, which brings nutrients to the area and takes away waste.

For the Wallet: This time it's a plug for the [Face Book page](#) as we have Monday's funny, Wealth Tip Wednesday and Thursday's Thankful.

AND the Money Mistress website has a number of **RESOURCES** available [here](#).



For Inspiration:

"Life is 10% what happens to you and 90% how you react to it." Charles Swindoll

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. 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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