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**Subject: Happy belated Financial New Year ! Plus an offer**

# Newsletter



**Edition 86: Jun / Jul 17**

**Training for a healthy Mind, Body & Wallet!**

Dear Larissa,

We're three weeks in. So what does the new Financial Year mean to you? Nothing? Dread at having to do a tax return? Excitement about getting tax back? Well it can be all and none of those. It's actually whatever you choose.

We live in a VERY lucky country here in Australia (just ask my Army mates who've seen atrocities beyond belief). So I don't mind paying taxes to be able to turn on a tap and have drinking water, be able to cross the road safely and an absolute plethora of other daily deliciousness. BUT ... I DO do have a problem paying taxes if some of that is going to support the Adani, or any other, coal mine.

Yes I get it that the demand has to reduce as well. So how about having a candlelit dinner once a week? No screen Monday? Or family fun on Friday where each member takes it in turn choosing a low or no cost activity? I remember one lady on a course saying that her son and her started with one night a week playing board games and it ended up with the TV **only going on** one night a week as they renewed their relationship. How cool! ;-)

So what will you do differently this Financial year in order to have better results than last year? **My offer to you**, if you choose to buy a copy of the [Bedside Guide](#) is that I'll put a crisp \$10 into the book when I send it to you (meaning the book is half price with postage ;-). Or if you prefer the [Cashflow Club Facilitator & Mentor Package](#) I'll give you an hour of my time to ensure your Financial Fitness is improving. **Please note these offers expire at midnight on the 1st Aug (2 weeks away).**

*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 [The Wilderness Society \(TWS\)](#) for allowing the Financial Fitness banner to be displayed at their Brisbane Metro North launch. Yes I donated to them, as a conservationist with money is more powerful than one without.

**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*

True story: My friend bought an Apple computer but it stuffed up within a week. So ... "when is an apple a lemon?"

Answer: When it doesn't power up and leaves a bitter taste in your mouth.

Okay, I'll stick to teaching financial literacy shall I? :-)

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

**For the Mind:** As I come to terms with living mainly in the city I've decided that "If I'm in a mood I need to move." It's easy to feel frustrated as thoughts continue to replay but getting the body moving (even if it's a 5 minute power walk around the building), will allow a break in the pattern. Then it's easier to introduce new thoughts.



**For the Body:** Spend some time rubbing moisturiser into your arms and legs (Men, you may just want to do your hands). Get to know your feet and shoulders and all those parts of your body that serve you daily. This one vessel is the only one we have for life so treat it with a little care and respect ;-)

**For the Wallet:** I've started writing for The Property Investor. While there are many tips from different bloggers, you can view my latest post about buying in Vegas [here](#).

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:**

*"Nothing ever goes away until it teaches us what we need to know." Pema Chodron*

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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