

Subject:

FW: What does the Barefoot investor & My Budget have in common Larissa? 🤔

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Newsletter



Edition 92: Spring 2018

Training for a healthy Mind, Body & Wallet

Hi Larissa,

Years ago I sent Scott Pape a copy of my book and the Money Mistr*ss Menu after many unanswered emails. I'd contacted Channel 10 about doing a money show the year before they put him on TV for a couple of episodes only. I heard he made someone cry but then again, so have I (only once that I know of). And Tammy May's PA said they didn't want to add an education arm to My Budget when I contacted them about 5 years ago. At the time my disappointment at being rejected was about 7/10. It's now zero 🙄

So...recently I picked up a copy of Scott's book and noticed he's put in an Entree, Main and Dessert on date night (which is what I have had on the Money Mistress Menu since 2010). I don't recall it being in his first book but it might have been somewhere else. When I asked him to clarify that Financial Fitness trainers are not like My Budget (as per one less than positive answer he gave in his newsletter), I was met with silence. So I'm writing to say that I think what they're doing IS great.

Different approaches work for different people, however neither of them go into detail about money mindset and subconscious limiting beliefs. From experience and clients I've seen on six figure incomes, it's our relationship with money that affects our results more than anything else. If it was just about the numbers then everyone over a certain income would be financially fit and we know that's not the case. Hopefully Scott or Tammy see this and move towards adding this element into their offering.

For me, since achieving my aim of retiring at 45 I'll soon be taking that sabbatical I mentioned. Originally it was going to be lots of travelling but now it's probably going to be on 300 magical acres in northern New South Wales (as soon as my ex and I can agree about me buying him out LOL). I teach people how to avoid an STD (s**ually transmitted debt) and I've learned a lot more now. Soon I'll be reaching

my other goals of becoming a Philanthropist 50% of the time supporting more Financial Fitness licensees.

And while I was asked to run in next year's election by a minority party I've chosen to stay on the Board of Directors for The Wilderness Society. If we don't have clean air, water and food all else is void. Remember whatever issues we are facing, if we have the technology and time to read this it is probably a first world issue. 🧐

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

Larissa Zimmerman aka YMM. 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 ... Desmore Samios who interviewed me on how to improve your relationship with money. Copy the link and listen wherever you choose xx <https://desmoremedia.com/podcast-episode-32-how-to-feel-good-about-your-money/>

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

He thinks grammar is the woman who married grandpa. She thinks an aperitif is a set of dentures ;-)

Fitness Tips (with 83 more tips on [the blog](#))

For the Mind: Still the mind by sitting still and watching your thoughts as if they're playing out on stage in front of you. Detach and watch. How would you advise yourself to act and feel and think if you had that unemotional perspective?

For the body: When we're anxious our breathing rate increases and many physiological changes occur, preparing us for fight or flight. There is another option of freeze, however for the body to stay healthy we need to breathe calmly and / or exercise or suffer the effects of prolonged stress. We can practice relaxed breathing anywhere 🧘 😊

For the wallet: Use fresh organic markets as your outing or entertainment. We often feel we need to get out and do something and sometimes this cost. By shopping the market mixing with healthy people but the healthier food your mental and physical health costs will be reduced down the track.

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:

"Life is 10% what happens to us and 90% how we respond." Chuck 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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