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Subject: Bushfires, Bucket lists & Financial Fitness TAFE course

Newsletter



Edition 96: Spring 2019

Training for a healthy Mind, Body & Wallet

Hi LLL,

I had this drafted before evacuating for the 3rd time in 6 weeks from my property due to bushfires. Now with roads closed I can't get home and while I have most valuables in my van, it's the full water tanks I'd like to see stay standing. My brother taking his own life years ago (eventually) taught me many lessons, one of which is that our most important assets are in our hearts and minds. Being financially fit I'm not concerned about work or where to stay. In fact the first time I had to leave I treated it like an adventure, exploring (not so) local beautiful places. So what's your plan if things don't go to plan? Are you financially able to cope (which actually helps you cope otherwise due to minimal stress)?

And now the planned newsletter.

How are you? Really? Seriously? Please stop reading this and take a moment to consider your health and well-being.....

Now do you feel you're living your best life? In alignment with your values? If yes, awesome! If no, then this [TAFE Queensland Successful Graduate Financial Fitness \(SGFF\) course](#) may be for you. It's a mouthful but the results are very fulfilling! For overseas readers TAFE is your technical or vocational school.

Check out the [testimonials of other Financial Fitness clients here](#) and for \$89 for 12 months this new course is yours! Any questions just hit reply and ask away. It's guaranteed to improve your mental, physical and financial health!

In line with your best life what's on your Bucket list? Recently I took Mum to the US for 5 weeks from Niagara Falls to the Grand Canyon, creating lifelong memories. You can read more about it and how we lost our Zip lining virginity [here](#).

And lastly please plant more trees! Did you know every human needs 4 trees alone for oxygen? PLUS all the benefits we learned in school, with the latest fad being Forest bathing. Indeed connecting with trees is great for mental health and with the world population growing by 215,000 per day we should be planting 860,000 trees per day just for the oxygen!

To find the time and money for unplanned events, bucket lists or planting trees [ENROL HERE](#) for the TAFE SGFF course.

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

Book me via my agent [here](#).

Thank you to ... Michael Albrecht from [On Purpose Coaching](#) for this testimonial.

Qu: How has your situation changed (including any effect on your work)?

I am so much more conscious about what I am doing with money and have a very robust method for tracking where it is all going. I can sleep much better at night knowing I have structure and a system for managing such an important part of life. I can predict financial difficulties before they arise.

Qu: What did you like about our service?

Easy to use, effective, great customer service and accessible.

Qu: On a scale of 1 to 10 what number did your Financial Fitness start at and then improve to?

Was a 2, is now an 8!

Qu: What can you see as the long-term benefits for you and your family?

Having visibility of how I am managing my finances and hence how well I can take care of others.

Qu: Is there anything else you'd like to say?

Love your work, I will continue using this system indefinitely. Thank You!

Qu: Would you recommend getting your wallet whipped into shape by Your Money Mistress?

Yes I would!

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

When you pray for rain more than you pray for s*x and just like bad s*x or the Melbourne Cup, when it's here it only lasts three minutes! Yes that's life in the bush XX

Fitness Tips (with 85 more tips on [the blog](#))

For the Mind: Think of your mind like a TV with many programs available. It's up to you which one to choose; the self sabotage or new more inspirational one?

For the body: Physiological reaction to a perceived or real event is the same stress response. However, if maintained over time, these physiological reactions will affect the immune system. So... Don't worry, be happy!

For the wallet: Coming up to halfway through the financial year are you on track to reach your SMARTER financial goals? If not here are [More than 100 tips for More love and Less debt](#). You can have yourself a financially fit Christmas as well as give it as a present, for only \$9.95 xx

PLUS the Money Mistress website has a number of RESOURCES available [here](#). Or for the less risqué see www.financialfitness.com.au If your organisation would like interactive, entertaining and educational training or a speaker for a one off event contact me directly or [via my agent](#).



For Inspiration:

"When you lose, don't lose the lesson." Dalai Lama

If you think someone may benefit from this information please forward this newsletter. The sooner we are all financially literate the sooner we can spend less time at work, giving those who need a job some part time work.

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Training for a healthy Mind, Body AND Wallet

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