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Sent: Tuesday, 9 November 2010 10:31 AM
To: edu@financialfitness.com.au
Subject: Shall we be friends there, & with Christmas looming...

Newsletter



Issue 39 - November 2010

Dear there,

Welcome to new subscribers. I'm in the middle of moving into my unencumbered home, looking for new admin staff and getting to know the south west Sydney locals. Life is fantastic! Friends on Face Book know I live simply with very little expensive furniture and a few toys like my motorbike and drum kit.

I believe **less "stuff" means less stress** because you don't have to dust or clean it, find it, fix it or allocate space to it. "It" means the item to which you are hanging onto. And more energy can flow. So let's connect on [Face Book](#) (Larissa Zed Zimmerman or Your Money Mistress) and I'd love to hear how you alleviate the stress in your life.

Until next, stay healthy & happy,
National Financial Fitness

Thank you.. goes to the Rotary Club of Kenthurst who asked Your Money Mistress to be their guest speaker in October. The video will be online soon.

A message from [Your Money Mistress](#): Whipping your wallet into shape!

One of the key messages in my book is that the most important relationship you have is the one you have with yourself. If you're not truly happy with who you are, enjoying your own company, how can you expect others to be happy with you? **If you're only trying to please others this will lead to dis-ease within yourself.**

If you think this and other similar information would help a loved one, grab a copy **as a Christmas present. My money back guarantee** is that if you send the book back within 30 days, I'll donate it to the local library and refund half the purchase price. **I'm that confident that you'll see it's worth it's weight in gold.** You can get it (& a discounted copy for a friend), [here](#).



Corporate training

A major Recruitment company has **delivered our tailored workshop throughout Sydney and Melbourne.** One group were between 17 and 47 years of age, on the dole (welfare), retrenched from \$150,000 a year, starting businesses and included a mum of five almost in tears with desparation. Well **the feedback was fantastic**, as all participants left with a Money Action Plan (MAP), empowered with confidence and full of enlightenment on how to get started and maintain momentum.

One older man was able to share with the younger "only interested in cars & women" man, that if he started saving now, by the time he was the older man's age, **he'd be able to have all the cars and women he wanted - how true!!**

Ironically those who were sceptic are now asking for the workshop in their location! If you don't want to be left behind see how Financial Fitness can benefit your organisation & clients by **completing your Organisational Health Check up** [here](#).

Life's lighter side

Please accept that no offence is intended. If you have a sense of humour, you are on the way to great health.

Tom says to his mate, "I think I'm going to divorce my wife. She hasn't spoken to me in months."

After a moment his mate says "Tom, you really should think this one through. Women like that are hard to find."

If you think someone may benefit from this information please [forward to a friend](#). The sooner we are financially literate the sooner we can spend our time as we please and society will benefit as a whole.

Our training is Government accredited meaning an external auditor has deemed it to meet Australian standards.

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Individuals

Okay this one's personal because I'm setting up house and 14 years in the Army of managing time & space helped. When your mind is abuzz with a HUGE to do list & new information, write everything down on large pieces of paper (& the time required to complete tasks). **If the clutter's out of your head, your head can operate more efficiently, and budget your time as you do your money.**

Aunty Lissy (view the [website here](#))

One of the activities in our Financial Goal Setting for Teenagers workbook is seeing how much money in total is paid back when paying different interest on different credit card amounts. Some adults are surprised by this activity too.



There are **4 modules in the 28 page workbook and the answer sheet is a separate document. So if you think \$12.95 is a good investment to teach the skills for financial health**, grab the e-book [here](#). Like the Compound interest certificate I gave my niece and nephews 2 years ago for Christmas, **children will be excited to learn how their money is growing.**

Fitness Tips

For the Mind: November 20 is a day to remember lives lost to suicide, with events being held worldwide. [Beyond Blue](#) has a symptoms checklist for a number of mental health areas so why not get a check up just as you would check your body for sunspots?

For the Body: Aquatic exercise can be as beneficial for cardiovascular health as jogging. Recent research shows it's great for maintaining bone mass too. So if you keep the intensity in the water, you'll reduce the risk of osteoporosis.

Wallet: With one click you can now easily subscribe to the fortnightly relationship and money saving tips on my blog [here](#).

For Inspiration

"You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you." Dale Carnegie

Training for a healthy Mind, Body AND Wallet

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