

**From:** National Financial Fitness [edu@financialfitness.com.au]  
**Sent:** Thursday, 9 September 2010 8:16 AM  
**To:** edu@financialfitness.com.au  
**Subject:** there do you feel safe being the same?

# Newsletter



Issue 37 - September 2010

Dear there,

First let me thank you for not unsubscribing and sending emails of disdain as some did when I ran in the election. And **thank you to all who sent messages of support!**

**Do you know what the best outcome was?** One young gay man I met who then offered to hand out fliers on election day, has helped 5 other young gay men tell their parents! I was told and can imagine how hard that must be and he helped ease their burden. I SO admire people who are willing to be themselves at the risk of isolation or worse, abuse. And...wouldn't the world be boring if we were all the same?!

Until next, stay healthy,  
National Financial  
Fitness \_\_\_\_\_

**Thank you..** to the S\*x Party's NSW co-ordinator who said that, while I was the candidate with the most questions he could see all that I asked was for the greater good.

\_\_\_\_\_

### A message from Your Money Mistress: Whipping your wallet into shape!

After 15 months it's here! **The Bedside Guide to S&M: How to have Sizzling S\*x & More Money in your relationship.**

"An insightful and inspirational read. Using a humorous and playful style, Your Money Mistress offers a wealth of information and creative ways to address the taboo topics of time: S\*x and Money. Finally! A new definition of health that includes s\*x and wealth."

*Dr. Sonia Borg, Ph.D, M.P.H., S\*x coach, Clinical S\*xologist and Best selling author.*

If you'd like a signed copy (& maybe a discounted copy for a friend), grab it [here](#). **There will also be a book launch in Canberra on Fri 24th Sep at Q books, Curtin shops between 530 - 630pm. Please RSVP by the 22nd Sep for catering. Hope to see you there!**

### Corporate training

Thanks to technology, as you receive this we'll be **presenting to one of the 'Big 4' banks**. Questions the staff will get (which you can obviously answer yourself now) are:

1. How many pays do you have until retirement?
2. What is your ideal financial weight & 'diet' (ie equity & cashflow)?
3. What is a short term and long term SMARTER goal (these were explained in the [Aug 09 newsletter](#)).

Of course we'll be covering much more during the day and if you'd like to see how Financial Fitness can benefit your organisation **complete 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.*

Some research has shown that 'gayness is genetic'. Indeed the young man above says that as long as he can remember he liked dressing up in Mum's clothes. So.....blame the straight couples - they're the ones having gay babies! *Courtesy of the ASP and laughed at by the young man himself.*

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.**

You are receiving this newsletter due to your association with National Financial Fitness.

If you have received this email in error please notify us. Also, please consider the environment and print duplex, only if necessary.

## Individuals

The update on the couple we mentioned last month will occur next month after their follow up.

Instead for you, we have a list of **domains for sale** because we're practising what we preach and focussing. If you think the site <http://www.yesnow.com.au/> or <http://www.littlemissmillionaire.com/> is for you just [contact us](#) for a full list of what we haven't had time to work on. **Some have been valued by netregistry and thus have a reserve, others do not.**

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

The sensationalised [front page of this paper](#) may have parents question whether their children can be whipped into shape. However disengaged youth have indeed benefited from unconventional learning methods **such as pushing someone on a swing to show the effort required at first, followed by easy maintenance. This principle of momentum works for money, new skills and relationships.**

If your school needs an **ex Federal Police and Army Officer** to reveal and guide your child's strengths, just [contact us](#).



## Fitness Tips

**For the Mind:** We bring about what we think about. So what are you thinking about most of the time? What are you focussing on? Can you see your current situation is a reflection of your thoughts and actions?

**For the Body:** Research has shown that Vitamin C supplements are not as effective as the "real deal" (ie Vitamin C from food) so get chomping on that cauliflower :-)

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

## For Inspiration

*"I do not like that man. I must get to know him better."*  
Abraham Lincoln

## Training for a healthy Mind, Body AND Wallet

[www.financialfitness.com.au](http://www.financialfitness.com.au) [edu@financialfitness.com.au](mailto:edu@financialfitness.com.au)

**If you would like National Financial Fitness to provide you with quality training call 1300 YES NOW 1300 937 669**

National Financial Fitness Pty Ltd ABN: 96 123 386 729  
GPO Box 2411 Canberra ACT 2601 AUSTRALIA Ph: +61 1300 YES NOW

Request Text Only: [Please send me these emails in text only format in future.](#)

Forward: [Forward this email to a friend.](#)

Un-subscribe: [Please un-subscribe me from this mailing list.](#)