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**Issue 43 - March 2011**

**Dear Larissa,**

This newsletter's older than me! With my 39th birthday just gone this 43rd issue made me think that we've been around a while, having evolved from Basic Budgeting years ago. **How have you evolved over the years?** And it's a short one this month as I was holding off, hoping to give you two new websites with complementary tools. Instead, I'll give you a couple of quick tips and tell you why I lost a \$35,000 contract. I'd be curious to know if you'd do the same.

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

National Financial Fitness

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**Thank you..** goes to Toastmasters for the opportunity to give a Think BIG speech to a couple of clubs. **Watch the video [here](#).**

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### **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.*

If you owe the bank \$100, that's your problem. If you owe the bank \$100 million, that's the bank's problem.

What's considered enough money? Just a little bit more.

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If you think someone may benefit from this information please [forward this email](#). 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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**Our training is Government accredited**

### **From Your Money Mistress: Whipping your wallet into shape!**

Talking recently with a subscriber I realised I hadn't shared with you how **running as an election candidate cost me \$35,000.**

I was told by an organisation that if I ran I could not deliver the training that I was developing for them.

It was my choice I know. But I wanted you to know how strongly I feel about more love and less debt in the world. Would you have done the same? I'd love to know! You can tell me by replying to this email or posting a comment on [my blog](#), where the latest post is about THINKING BIG.

PS If you were at the Daltons Bookstore talk where I forgot to giveaway the DVD, be the first to email me back and I'll send you the giveaway. First in, best dressed!

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### **Corporate training**

**Watch the early morning laugh video [here](#).** Many undergraduates learned that the **psychology of money is the foundation for great money management.**

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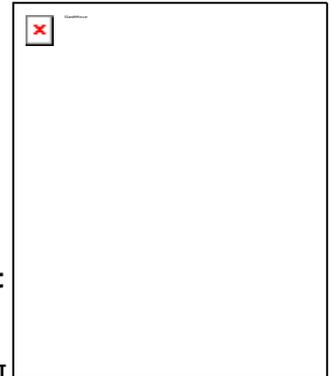
### **Individuals**

Write down all the positives and negatives to:

- a) Having a lot of money
- b) Having little money

With these four lists you may find that you are **subconsciously focussing on the negative to lots of money and the positives to little money.** For example, having a lot of money may take you out of your comfort zone and we all know how, as creatures of habit, we don't like discomfort! Despite what your conscious brain is saying.

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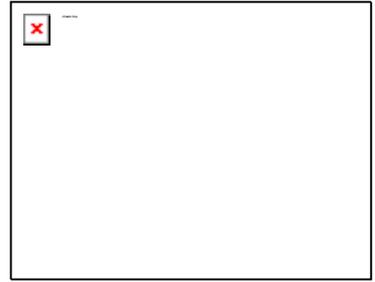
**meaning an external auditor has deemed it to meet Australian standards.**

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

Have your child draw a **test tube with a picture of their goal at the top.**

Have measurements as dollar amounts leading up to the cost of the goal and **colour these in as each amount is reached.**



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**Fitness Tips**

**For the Mind:** Exercise Your Brain: No matter what your age, exercising your brain may make the difference between using it and losing it.

**Body:** Working out should be a challenge, but it definitely should not be painful. If you find yourself running straight for the ice packs and aspirin after working out, you are probably doing something wrong. Before you convince yourself you have a wonderful excuse to quit, try evaluating your exercise program.

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

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**For Inspiration**

*"The only competition that really matters is the one between who we are and who we want to become."*

**Training for a healthy Mind, Body AND Wallet**

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