

World leaders are doing it, so we thought we would too. **Give money away** that is. Well our giveaway this month will save you more than the Australian Government's \$945 stimulus, many times over.

You'll see what we mean when you get to the end of this newsletter. ☺

Here's hoping your New Financial Year resolutions are maintained and supported by those you shared them with,
National Financial Fitness

Thank you..to [Community Connections](#) who recently conducted training for both staff and the people they support. It was great to see that coordinators were interested in being able to discuss financial literacy with the people they support, as well as assess their own situations.

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.

Murphy's other laws:

* Everyone has a photographic memory: some just don't have any film.

* The 50:50:90 rule: Any time you have a 50:50 chance of getting something right, there's a 90 per cent probability that you'll get it wrong.

* It is said that if you line up all the cars in the world end to end, someone would still be stupid enough to try to pass them.

(thanks again to Rotary)

If you think someone may benefit from this information please forward it. The sooner we

From Zed's Desk

Despite a murmur that the worst of the Global Financial Crisis is over, I still thought it relevant to let you know that the Chinese word for crisis is made from two other words: danger and opportunity. So **what opportunities are you seeing now?** Would love to read your thoughts [here](#).



Listening filters

This is where we listen from our own perspective, based on our own values and experiences, as opposed to an objective viewpoint. For example, **when my younger sister spoke to me I previously listened through the "big sister" filter** and then of course when I say something, she's listening through the "little sister" filter. This is how messages can get distorted, along with our perceptions. And let's not even go into text messages and emails, which can be misinterpreted even further. The point here is to think; what filters are you using that you can do away with so that people are seen for the unique beings they are?

The US Federal Reserve

Sometimes people are confused in thinking the US Federal Reserve belongs to the US citizens. Jamie McIntyre's book *What I didn't learn at school but wish I had* details how the Federal Reserve Act was formed in the early hours of 22 December 1913, perhaps deceitfully. The Federal Reserve website (<http://www.federalreserve.gov/>) doesn't go into such detail but does say it is an independent entity within government, with private aspects. Would love to hear your thoughts [here](#).

Financial New Year Offers

A reminder that organisations have the opportunity to **"Taste test" our Health and Wealth Program**. If you'd like more information or for us to come to your workplace for a complimentary 30 minute sample, let us know [here](#).^



^Enquiries must be made **before the 24th July. Taste test may occur later in the year.**

Fitness Tips

For the Mind: In Australia we're having a [dry July](#). I have to admit I have purchased a Golden ticket so I can have drinks with Military Academy girlfriends I haven't caught up with in 15 years when we go skiing. You can challenge me head to head or support me. I thank you in advance for your support of adults living with cancer.

For the Body: Just like the old food pyramid, there is a drink pyramid that (surprisingly) says drink water the most, followed by

are financially literate the sooner we can spend our time as we please and society will benefit as a whole.

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**Next month:
SMARTER Goals
US Professor supports
mental & physical fitness first**

tea and coffee, then fruit juice and diet soft drinks. Drink alcohol and sports drinks sparingly, and soft drinks and cordial the least.

For the Wallet: Just for fun, this month be one of the first five people to tell us your Financial New Year's resolution [here](#) and how you plan to achieve it, and we'll send you our [Health & Wealth Starter CD](#) to help you get started. Practice the Basic Budgeting process on it and **you can save thousands over a few months.**

For Inspiration

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. *Thomas Jefferson*

Training for a healthy Mind, Body AND Wallet

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