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Sent: Friday, 2 July 2010 11:46 AM
To: edu@financialfitness.com.au
Subject: Quick updates because your time is precious there

Newsletter



Issue 35 - July 2010

Dear there,

Happy new Financial Year! What new habits have you adopted? Remember it's **easier to maintain financial resolutions made now, as opposed to Christmas, which is followed by** the New Calendar Year, holidays, school expenses, Valentine's Day and then Easter soon thereafter. So get into the habit now of healthy spending. Come Christmas, you'll be glad you did.

To help you, our resources (which come with a money back guarantee) can be found [here](#).

Many happy returns..

National Financial
Fitness _____

Thank you.. to all the people who have sent emails and well wishes for our "short" sabbatical. Romany (who is still working remotely - thank you!) is in Canada for an indefinite period and I will be **back in Canberra to teach in September**.

Life's lighter side

Please accept that no offence is

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

So Australia has it's **first female Prime Minister**. Having realised that elected parties don't always stick to their policies and the best change comes from within, I've never really been interested in politics. However a few people have mentioned I should run for a seat and having joined the [Australian S** Party](#) I'm thinking of doing just that, in the Macarthur electorate. **My address to small business can be found [here](#)** (you may need to press pause to let it load), and **please leave a comment as I value your thoughts**. Thank you in advance and if you've already commented via Face sBook I thank you too.



Corporate philanthropy

We can't mention names yet but one national organisation has made a donation so that unemployed jobseekers can receive Financial Fitness training. **We're very excited as this will allow us to make a difference for hundreds of people on the East coast**.

If you'd like to see how Financial Fitness training can benefit you **complete our Organisational Health Check up [here](#)**.

Individuals

Last month we mentioned 'Mick' who had more BAD debt than his age in years. Well Mick is now engaged to be married within the month to a woman who sounds like she's good with her money. They're going to have a **Binding Financial Agreement (BFA)** though I am concerned that he didn't even mention he had a girlfriend during the appointment! Indeed joint finances are a whole new level. From experience I know the BFA is a step in the right direction. As always, I welcome your thoughts.

intended. If you have a sense of humour, you are on the way to great health.

Are you lonely? Hate making decisions? Then call a MEETING! You can draw pictures, feel important, have chats with people, form committees and make useless recommendations, all on Company time!

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

As soon as children know what **credit cards** are, jump online to show them how much any borrowed money (ie BAD debt) will cost them. Have a look [here](#) for the effects of the different variables. Sometimes the figures can be quite frightening!!



Fitness Tips

For the Mind: Think of your life as being full of AICes (pronounced aces). You can either **accept, influence or control a situation**. Too often people don't accept that they can't influence or control the outcome and so become stressed, instead of removing themselves from the situation altogether.

For the Body: We've said it before but during this week of moving I've been reminded of the benefits of a good night's sleep. Having less stuff to move and better planning has given me more than the 25 hours sleep in a week I had two years ago when making the same move. **Your body repairs itself when it sleeps, so let it.**

For the Wallet: Lesson 25 on my blog [here](#) talks about doing what everyone else is doing.

For Inspiration

*"A problem is like your backside.
The more you sit on it the bigger it gets."
Bob Parsons*

Training for a healthy Mind, Body AND Wallet

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