

From: National Financial Fitness [edu@financialfitness.com.au]
Sent: Friday, 7 May 2010 11:46 AM
To: edu@financialfitness.com.au
Subject: Canberra to Cairns, Dominatrix with a difference & much more

Newsletter



Issue 33 - May 2010

Dear there,

Do you know a **group of people between Canberra and Cairns** (in Australia) **who would like Auntie Lissy, Your Money Mistress or just plain Larissa from Financial Fitness to give a complimentary talk?** If so, [forward to a friend](#) so they can ask me to add them to my 8 week July / August itinerary.

And **for yourself** remember the last time you felt fantastically relaxed. What circumstances led to that moment? Try and recreate that feeling this weekend by allocating time now, be it dressing up and viewing photos. Practice this connection regularly.

Until next time...
National Financial
Fitness

Thank you.. to those people who last month suggested what they'd like to hear and read about from Your Money Mistress at <http://www.yourmoneymistress.com/>

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

As a Dominatrix with a difference it bothers me when a friend admits that her and her husband **haven't been intimate for 4 years!** She's fine with it and says it's better for the children (and financially) to stay together. However neither adult is fulfilled and children know when something is wrong. I suggested she start with **that C word - communication! I'd love to hear your thoughts on the new Facebook page [here](#).**



And for money saving tips (this fortnight it's about "But wait, there's more..."), check out my [Blog](#).

Corporate comments: Are they off the mark?

In any organisation you are going to have people of differing levels of financial literacy, regardless of formal education. Out of 60 feedback comments that included "...trainer was fantastic. More of these seminars from this presenter" and **"Something useful for people in any financial situation. Not too heavy or too shallow"**, one comment was **"This lecture is not for [...insert Government Department name..] since we are all highly educated."**

Was this person off the mark? No, they were just providing their own perspective. Luckily this Government organisation's Health and Wellbeing decision maker didn't hold this perspective, despite being financially literate herself. She **saw the benefit of providing financial literacy training to their staff.**

Your first chapter of the Bedside Guide will be on its way shortly.

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.

The 3 reasons Jesus was a woman:

1. S/he fed a crowd at a moment's notice when there was no food.
2. S/he kept trying to get a message across to a group of men who didn't get it.
3. Even after s/he died, s/he had to get up because there was work to do!

If you think someone may benefit from this information please forward it on. 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

Your **greatest piece of real estate is that which is between your ears.** Realise that any time spent educating yourself is a great investment and **much cheaper than the cost of ignorance or laziness.** It doesn't matter how old you are, you're never too late to start! The advantage to being older is that your motivation may be greater. Indeed the longer you leave it to educate yourself the greater your motivation and action need to be!

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

A little **poem for primary school children** recently taught at [SWISH](#) goes like this:



**Money's not bad. Money is good.
We don't often talk about it but we really should.
When we know the difference between a want and a need,
In money matters we shall succeed.
We know the best things in life are free.
It's that which is inside you and me.**

Fitness Tips

For the Mind: Neuroplasticity is the brain's ability to rewire itself. The more times you do something the more natural and automatic it becomes. But your brain is able to change and be rewired! Make an appointment with yourself, sit down and revise your habits. Plan to rewire your brain with healthier habits!

For the Body: Reduce eye strain by putting alerts on your computer or phone to get up, get the blood flowing and exercise your eyes away from the screen. Do this at least every half hour.

For the Wallet: Don't fall for the "But wait there's more." Check out all 22 tips on my blog [here](#).

For Inspiration

"Stop majoring in minor things." Jim Rohn

Training for a healthy Mind, Body AND Wallet

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