

## National Financial Fitness

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**Subject:** FW: Thank you! Funded courses (incl Sydney), 650% ROI & 'Why can't I budget?'

**Sent:** Wednesday, 21 March 2012 2:17 PM

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Dear Larissa,

Thank you to all new subscribers and those I've met networking who said yes to receiving this newsletter. Indeed the sooner we are all financially literate and fit, the sooner we can all (semi) retire. Now my definition of retire is doing what you want without requiring remuneration because your positive cash flow covers all expenses. I'd love to hear your reason for wanting to be financially fit and perhaps even see you on one of our courses (see below).

Wishing you a healthy mind, body AND wallet!

Larissa Zimmerman, aka **Your Money Mistress: Whipping wallets into shape**

BSc (Maths) plus a few other pieces of paper

**If you want to be Financially Fit ASK US HOW: call 1300 YES NOW (1300 937 669)**

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# Newsletter



Issue 55 - March 2012

Hi Lauren,

Where does the month go?? It's said that we overestimate what we can accomplish in a year, yet we underestimate what we can accomplish in a lifetime. So keeping the BIG LIFE picture in mind, it's okay that it seems like this month has flown. Lots of ground work has happened and yes, we've finally received funding for a **Campbelltown NSW course starting Wed 2nd May ([details here](#))**. **Yay! I can see south west Sydney becoming s\*xy wealthy SW Sydney before we know it!!**



And **THANK YOU** to those who passed on the information about our **Queanbeyan NSW course starting next Tuesday 27th March**. If you want to fill one of our last two places just let us know ASAP. [Details here](#). And don't forget the weekend of pampering and personal development in the southern highlands of NSW, check out Helen's Carpe Diem package [here](#).

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

National Financial Fitness : Australia wide Government accredited training, supporting the Wilderness Society and more

**Thank you..** to the Campbelltown Centre for Women's Health for asking me to speak on International Women's Day. It was a great turnout as we spoke about financial empowerment and the resources available.

And as promised I've answered another question from our survey on [my blog](#).

**Life's lighter side** *Please accept that no offence is intended. If you have a sense of humour, you are on the way to good health*

My wife (or husband or friend etc) has a split personality and I dislike both of them.

Women sometimes make fools of men but most men are the DIY type. ;-)

### **Fitness Tips (with more on [the blog](#), [Face Book page](#) & [radio shows](#))**

**For the Mind:** Write a motivational saying (or more) on a coloured piece of paper and place it in your workplace (along with the funnies). 3 of mine are "Be it, feel it, have it." "Relax & receive all that is given." And "Everyday I am financially wealthier due to being entrusted with enriching the lives of others." Would love for you to share your responses on [my blog](#). It may just help our reader who asked "Why can't I budget?"



**For the Body:** Notice and correct your posture (uncross your legs) and relax. Close your eyes, place your hands in your lap and take 3 deep breaths. With your eyes still closed sweep up and around your eyebrow bone and massage your temples, raising your head slightly as you imagine the view kilometers away from you (ie get out of your office and feel your body relax as you see the bigger picture).

**For the Wallet:** Check out the latest tips on the [Face Book page](#) (you'll need to sign in first) and the [blog](#). January's blog post shows how to get 650% on your money by putting \$200 on your home loan.

**Our recommended resources can be found [here](#).**

### **For Inspiration**

*You don't have to struggle through life. Just say 'Yes' and surrender to being guided.*

Anon

If you think someone may benefit from this information please [forward this email](#). If you'd prefer your financial education a little more risque check out [www.yourmoneymistress.com](http://www.yourmoneymistress.com). 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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### **Training for a healthy Mind, Body AND Wallet**

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

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